Event	Girls	Boys	Thursday (3-9)		Friday (3-10)		Monday (3-13)		Tuesday (3-14)			
100	16.0	14.5	4:00	100m	4:00	200m	4:00	Girls then Boys Hurdles	4:00	100/110 Hurdles	4:00	Boys High Jump
200	35.0	31.0	4:30	1600m	4:30	3200m		Girls High Jump				Girls Long Jump
400	82.0	73.0	4:50	400m	4:50	800m		Boys Long Jump	4:15	100m		Girls Triple Jump
800	3:25	3:08		times listed are	Start times listed are approximations. We will begin the next event when the previous event is complete (rolling schedule). Technique work will begin for throws, jumps, hurdles and vault once the			Boys Triple Jump				Girls & Boys Discus
1600	7:30	6:45		roximations. We begin the next				Girls & Boys Shot Put	4:25	1600m/3200m		Girls & Boys Pole Vault
3200	17:00	15:10		vent when the				Girls & Boys Pole Vault				
Hurdles	23.5	23.3		evious event is			4:40	Boys High Jump	4:45	400m	4:40	Girls High Jump
High Jump	3'8"	4'0"		mplete (rolling dule). Technique				Girls Long Jump				Boys Long Jump
Long Jump	10"0"	12'0"		rk will begin for				Girls Triple Jump	5:00	800m		Boys Triple Jump
Triple Jump	21'0"	25'0"		s, jumps, hurdles tvault once the				Girls & Boys Discus				Girls & Boys Shot Put
Shot Put	18'0"	20'0"	100m is completed.		200m is completed.			Running Make-ups	5:10	200m		
Discus	40'0"	45'0"										
Pole Vault	4'6"	5'0"					get 3	ield events, athletes will -4 attempts to make the ndard. If they make the	This mock meet is meant to give another chance to make the team or attempt to make the standard in a different event. You may only compete in events that you have not already made the standard for, unless specifically told otherwise by a coach.			
							standa	ard they are done and try ut for different event.				