| Time: | Sr. Boys | Sr. Girls | Int. Boys | Int. Girls | Jr. Boys | Jr. Girls |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 11:40 | 3000m (Coen) <br> 1500m (Nolyn) | 3000m (Naomi) | $\begin{aligned} & \text { 1500m } \\ & \text { (Landon/Dayce) } \end{aligned}$ | $\begin{aligned} & \text { 1500m } \\ & \text { (Elisa/Kyrah) } \end{aligned}$ | $\begin{aligned} & \text { 3000m } \\ & \text { (Brody/Kohen) } \end{aligned}$ | $\begin{aligned} & \hline 1500 \mathrm{~m} \\ & \text { (Anna/Kate) } \end{aligned}$ |
| 11:40 (at the same time as above event) | Long Jump (Nolyn and Coen will jump after their race- go last) | Shotput | Discus <br> (Landon will throw after his race- go last)(join with Int. Girls) | Discus (join with Int. Boys) | Javelin (Brody will throw after his race- go last) | High Jump |
| 12:00 | Long Jump (continued) | 200m | 200m | Javelin | Discus | Shotput |
| 12:20 | 200m | Javelin | Shotput | 200m | High Jump | Long Jump |
| 12:40 | Javelin | 100m | 100m | Shotput | High Jump (continued) | Long Jump (continued) |
| 1:00 | Shotput | Discus | Long Jump (join with Int. Girls) | Long Jump (join with Int. Boys) | 200m | 200m |
| 1:20 | 100m | Long Jump | Javelin | 100m | Shotput | Discus |
| 1:40 | High Jump | Triple Jump (join with Int. Girls) | BREAK | Triple Jump (join with Sr. Girls) | 100m | 100m |
| 2:00 | 400m | BREAK | 400m | BREAK | Long Jump | Javelin |
| 2:20 | BREAK | High Jump | Triple Jump | 800m | BREAK | 800m |
| 2:40 | Triple Jump | BREAK | High Jump | BREAK | 800m | 400m |
| 3:00 | Discus | 400m | BREAK | 400m | Triple Jump (join with Jr. Girls) | Triple Jump (join with Jr. Boys) |
| 3:20 | RELAY | RELAY | RELAY | RELAY | RELAY | RELAY |

