

SCHEDULE

GRADES

7:45 AM

ELEMENTARY REGISTRATION OPENS

All events are boys and girls. No spikes permitted. Only Two events per participant (including relays).

K & 1

2 & 3

4 & 5

9:00 AM ROTATION 1

Developmental (Girls)

55-METER

**SHOT PUT
LONG JUMP**

200-METER

9:20 AM ROTATION 2

Developmental (Boys)

55-METER

**SHOT PUT
LONG JUMP**

200-METER

9:40 AM ROTATION 3

Seeded (Girls)

SHOT PUT QD (17' 8", 2.2 lbs)*
LONG JUMP QD (5' 7")

200-METER QT (0:40.0)

10:00 AM ROTATION 4

Seeded (Boys)

SHOT PUT QD (19' 3", 2.2 lbs)
LONG JUMP QD (6' 7")

200-METER QT (0:38.5)

10:20 AM ROTATION 5

Developmental (Girls)

**SHOT PUT
LONG JUMP**

200-METER

55-METER

10:40 AM ROTATION 6

Developmental (Boys)

**SHOT PUT
LONG JUMP**

200-METER

55-METER

11:00 AM

MIDDLE SCHOOL AND HIGH SCHOOL REGISTRATION OPENS

11:00 AM ROTATION 7

Seeded (Girls)

200-METER QT (0:44.5)

55-METER QT (0:10.2)

11:20 AM ROTATION 8

Seeded (Boys)

200-METER QT (0:42.0)

55-METER QT (0:09.8)

11:40 AM ROTATION 9

Developmental (Girls)

200-METER

55-METER

**SHOT PUT
LONG JUMP**

12 NOON ROTATION 10

Developmental (Boys)

200-METER

55-METER

**SHOT PUT
LONG JUMP**

12:20 PM ROTATION 11

Seeded (Girls)

55-METER QT (0:11.0)

SHOT PUT QD (15' 9", 3.3 lbs)
LONG JUMP QD (6' 10")

12:40 PM ROTATION 12

Seeded (Boys)

55-METER QT (0:10.4)

SHOT PUT QD (21' 1", 3.3 lbs)
LONG JUMP QD (8' 5")

1:00 PM ROTATION 13

Developmental (Girls)

4X200-METER RELAY

4X200-METER RELAY

4X200-METER RELAY

1:10 PM ROTATION 14

Developmental (Boys)

4X200-METER RELAY

4X200-METER RELAY

4X200-METER RELAY

1:20 PM ROTATION 15

Seeded (Girls)

4X200-METER RELAY
QT (3:16.0)

4X200-METER RELAY
QT (2:45.0)

1:30 PM ROTATION 16

Seeded (Boys)

4X200-METER RELAY
QT (2:53.5)

4X200-METER RELAY
QT (2:35.5)

1:40 PM

**NATIONAL ANTHEM AND OPENING CEREMONY
TATA CONSULTANCY SERVICES PRE-K 55 METER DASH****

Schedule subject to change. Please arrive one hour prior to your scheduled event.

*Events have a seeded and developmental heat for grades 2 and above, to enhance the experience for all athletes. Seeded heats have qualifying times or distances that are marked next to each event. Students who compete in the seeded heats should meet the qualifying time or distance.

**Children must be at least 4 years old to participate in the Pre-K 55-Meter Dash.



SCHEDULE

GRADES

6

7 & 8

HS

1:45 PM ROTATION 17 Seeded (Girls)	800-METER** QT (2:45.0)* Invitational Run	800-METER QT (2:45.0) Invitational Run	800-METER QT (2:40.0) Invitational Run
1:50 PM ROTATION 18 Seeded (Boys)	800-METER QT (2:35.0) Invitational Run	800-METER QT (2:35.0) Invitational Run	800-METER QT (2:30.0) Invitational Run
1:55 PM ROTATION 19 Developmental (Girls)	55-METER LONG JUMP	200-METER SHOT PUT	
2:10 PM ROTATION 20 Developmental (Boys)	55-METER LONG JUMP	200-METER SHOT PUT	
2:25 PM ROTATION 21 Seeded (Girls)	55-METER QT (0:09.5) 400-METER** QT (1:28.5) LONG JUMP QD (8' 7")	200-METER SHOT PUT QT (0:36.0) QD (19' 11", 6 lbs)	
2:40 PM ROTATION 22 Seeded (Boys)	55-METER QT (0:09.1) 400-METER QT (1:23.5) LONG JUMP QD (10' 11")	200-METER SHOT PUT QT (0:34.0) QD (21' 1", 8.8 lbs)	
2:55 PM ROTATION 23 Developmental (Girls)	200-METER	55-METER	
3:05 PM ROTATION 24 Developmental (Boys)	200-METER	55-METER	
3:15 PM ROTATION 25 Seeded (Girls)	200-METER QT (0:38.0)	400-METER QT (1:25.7) 55-METER QT (0:09.3)	
3:25 PM ROTATION 26 Seeded (Boys)	200-METER QT (0:36.0)	400-METER QT (1:14.9) 55-METER QT (0:08.7)	
3:35 PM ROTATION 27 Developmental (Girls)	SHOT PUT	LONG JUMP	55-METER
3:45 PM ROTATION 28 Developmental (Boys)	SHOT PUT	LONG JUMP	55-METER
3:55 PM ROTATION 29 Seeded (Girls)	SHOT PUT QD (17' 8", 6 lbs)	LONG JUMP QD (9' 10")	55-METER QT (0:09.1)
4:05 PM ROTATION 30 Seeded (Boys)	SHOT PUT QD (18' 10", 8.8 lbs)	LONG JUMP QD (11' 3")	55-METER QT (0:07.8)
4:15 PM ROTATION 31 Developmental (Girls)	4X200-METER RELAY	4X200-METER RELAY	
4:25 PM ROTATION 32 Developmental (Boys)	4X200-METER RELAY	4X200-METER RELAY	
4:35 PM ROTATION 33 Seeded (Girls)	4X200-METER RELAY QT (2:40.0)	4X200-METER RELAY QT (2:15.0)	
4:45 PM ROTATION 34 Seeded (Boys)	4X200-METER RELAY QT (2:20.0)	4X200-METER RELAY QT (2:05.0)	

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*The 400-Meter and 800-Meter invitational races are open to the seeded stream only.



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