

EVENT	CLASS	GENDER	SCRATCH TIME	START
TRACK SCHEDULE				
110m Hurdles	HS	B	3:45	4:00 PM
100m Hurdles	HS	G	3:55	4:10 PM
800m	Elementary	B	4:05	4:25 PM
800m	Middle School	B	4:15	4:30 PM
800m	Elementary	G	4:20	4:35 PM
800m	Middle School	G	4:25	4:40 PM
800m	HS	B	4:30	4:45 PM
800m	HS	G	4:45	5:00 PM
100m	Elementary	B	4:50	5:05 PM
100m	Middle School	B	4:55	5:10 PM
100m	Elementary	G	5:00	5:15 PM
100m	Middle School	G	5:05	5:20 PM
100m	HS	B	5:10	5:25 PM
100m	HS	G	5:25	5:40 PM
400m	Elementary	B	5:35	5:50 PM
400m	Middle School	B	5:45	6:00 PM
400m	Elementary	G	5:50	6:05 PM
400m	Middle School	G	5:55	6:10 PM
400m	HS	B	6:00	6:15 PM
400m	HS	G	6:10	6:25 PM
300m Hurdles	HS	B	6:20	6:35 PM
300m Hurdles	HS	G	6:30	6:45 PM
1600m	Elementary	B	6:40	6:55 PM
1600m	Middle School	B	6:50	7:05 PM
1600m	Elementary + Middle School	G	6:55	7:10 PM

1600m	HS	B	7:05	7:20 PM
1600m	HS	G	7:20	7:35 PM
200m	Elementary	B	7:30	7:45 PM
200m	Middle School	B	7:35	7:50 PM
200m	Elementary	G	7:40	7:55 PM
200m	Middle School	G	7:45	8:00 PM
200m	HS	B	7:50	8:05 PM
200m	HS	G	8:05	8:20 PM
3200	MS/HS	B/G	8:10	8:30 PM

FIELD SCHEDULE

Hammer at American River College	HS Thursday 5/30	G	4:45	5:00 PM
Hammer at American River College	HS Thursday 5/30	B	4:45	To Follow
Pole Vault	9'6" Entry and Lower	B/G	1:45	2:00 pm
Long Jump	Middle School, Elementary	B/G	2:45	3:00 PM
Discus	HS	B	2:45	3:00 PM
Shot	HS	G	2:45	3:00 PM
Triple Jump	HS	G	3:45	4:00 PM
Pole Vault	HS	G	3:45	To Follow
Long Jump	HS	B	4:15	4:30 PM
High Jump	HS	G	4:45	5:00 PM
Shot	HS	B	5:15	5:30 PM
Pole Vault	HS	B	6:15	To Follow
Long Jump	HS	G	6:15	6:30 PM
Triple Jump	HS	B	6:15	6:30 PM
Discus	HS	G	6:15	6:30 PM
High Jump	HS	B	6:45	7:00 PM