

## Friday Morning Schedule

| Start Time | Class  | 2023 Event        | Class  | 2024 Event        | Class  | 2025 Event        | Class  | 2026 Event        |
|------------|--------|-------------------|--------|-------------------|--------|-------------------|--------|-------------------|
| 8:10 am    |        | National Anthem   |        | National Anthem   |        | National Anthem   |        | National Anthem   |
| 8:20 am    | 3A - B | 3200m Run         | 2A - G | 3200m Run         | 5A - B | 3200m Run         | 4A - G | 3200m Run         |
| 8:40 am    | 3A - G | 3200m Run         | 2A - B | 3200m Run         | 5A - G | 3200m Run         | 4A - B | 3200m Run         |
| 9:00 am    | 3A - B | 4 X 100m Relay    | 5A - G | 4 X 100m Relay    | 2A - B | 4 X 100m Relay    | 4A - G | 4 X 100m Relay    |
| 9:08 am    | 3A - G | 4 X 100m Relay    | 5A - B | 4 X 100m Relay    | 2A - G | 4 X 100m Relay    | 4A - B | 4 X 100m Relay    |
| 9:15 am    | 4A - B | 4 X 100m Relay    | 3A - G | 4 X 100m Relay    | 5A - B | 4 X 100m Relay    | 2A - G | 4 X 100m Relay    |
| 9:23 am    | 4A - G | 4 X 100m Relay    | 3A - B | 4 X 100m Relay    | 5A - G | 4 X 100m Relay    | 2A - B | 4 X 100m Relay    |
| 9:35 am    | 2A - B | 4 X 100m Relay    | 4A - G | 4 X 100m Relay    | 3A - B | 4 X 100m Relay    | 5A - G | 4 X 100m Relay    |
| 9:43 am    | 2A - G | 4 X 100m Relay    | 4A - B | 4 X 100m Relay    | 3A - G | 4 X 100m Relay    | 5A - B | 4 X 100m Relay    |
| 9:50 am    | 5A - B | 4 X 100m Relay    | 2A - G | 4 X 100m Relay    | 4A - B | 4 X 100m Relay    | 3A - G | 4 X 100m Relay    |
| 9:58 am    | 5A - G | 4 X 100m Relay    | 2A - B | 4 X 100m Relay    | 4A - G | 4 X 100m Relay    | 3A - B | 4 X 100m Relay    |
| 10:10 am   | 5A - B | 3200m Run         | 4A - G | 3200m Run         | 3A - B | 3200m Run         | 2A - G | 3200m Run         |
| 10:30 am   | 5A - G | 3200m Run         | 4A - B | 3200m Run         | 3A - G | 3200m Run         | 2A - B | 3200m Run         |
| 10:50 am   | 3A - B | 300m Hurdles      | 5A - G | 300m Hurdles      | 2A - B | 300m Hurdles      | 4A - G | 300m Hurdles      |
| 10:55 am   | 4A - B | 300m Hurdles      | 3A - G | 300m Hurdles      | 5A - B | 300m Hurdles      | 2A - G | 300m Hurdles      |
| 11:00 am   | 2A - B | 300m Hurdles      | 4A - G | 300m Hurdles      | 3A - B | 300m Hurdles      | 5A - G | 300m Hurdles      |
| 11:05 am   | 5A - B | 300m Hurdles      | 2A - G | 300m Hurdles      | 4A - B | 300m Hurdles      | 3A - G | 300m Hurdles      |
| 11:15 am   | 3A - G | 300m Hurdles      | 5A - B | 300m Hurdles      | 2A - G | 300m Hurdles      | 4A - B | 300m Hurdles      |
| 11:20 am   | 4A - G | 300m Hurdles      | 3A - B | 300m Hurdles      | 5A - G | 300m Hurdles      | 2A - B | 300m Hurdles      |
| 11:25 am   | 2A - G | 300m Hurdles      | 4A - B | 300m Hurdles      | 3A - G | 300m Hurdles      | 5A - B | 300m Hurdles      |
| 11:30 am   | 5A - G | 300m Hurdles      | 2A - B | 300m Hurdles      | 4A - G | 300m Hurdles      | 3A - B | 300m Hurdles      |
| 11:40 am   |        | Break             |        | Break             |        | Break             |        | Break             |
| 11:55 am   | 3A - G | 800m Medley Relay | 5A - G | 800m Medley Relay | 2A - G | 800m Medley Relay | 4A - G | 800m Medley Relay |
| 12:00 pm   | 4A - G | 800m Medley Relay | 3A - G | 800m Medley Relay | 5A - G | 800m Medley Relay | 2A - G | 800m Medley Relay |
| 12:05 pm   | 2A - G | 800m Medley Relay | 4A - G | 800m Medley Relay | 3A - G | 800m Medley Relay | 5A - G | 800m Medley Relay |
| 12:10 pm   | 5A - G | 800m Medley Relay | 2A - G | 800m Medley Relay | 4A - G | 800m Medley Relay | 3A - G | 800m Medley Relay |

## Friday Afternoon Schedule

| Start Time | Class          | 2023 Event     | Class          | 2024 Event     | Class          | 2025 Event     | Class          | 2026 Event     |
|------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| 12:20 pm   | 1A - B         | 800m Run       | 1A - G         | 800m Run       | 1A - B         | 800m Run       | 1A - G         | 800m Run       |
| 12:25 pm   | 1A - G         | 800m Run       | 1A - B         | 800m Run       | 1A - G         | 800m Run       | 1A - B         | 800m Run       |
| 12:30 pm   | 2A - B         | 800m Run       | 3A - G         | 800m Run       | 4A - B         | 800m Run       | 5A - G         | 800m Run       |
| 12:35 pm   | 2A - G         | 800m Run       | 3A - B         | 800m Run       | 4A - G         | 800m Run       | 5A - B         | 800m Run       |
| 12:40 pm   | 4A - B         | 800m Run       | 5A - G         | 800m Run       | 2A - B         | 800m Run       | 3A - G         | 800m Run       |
| 12:45 pm   | 4A - G         | 800m Run       | 5A - B         | 800m Run       | 2A - G         | 800m Run       | 3A - B         | 800m Run       |
| 12:50 pm   | 3A - B         | 800m Run       | 2A - G         | 800m Run       | 5A - B         | 800m Run       | 4A - G         | 800m Run       |
| 12:55 pm   | 3A - G         | 800m Run       | 2A - B         | 800m Run       | 5A - G         | 800m Run       | 4A - B         | 800m Run       |
| 1:00 pm    | 5A - B         | 800m Run       | 4A - G         | 800m Run       | 3A - B         | 800m Run       | 2A - G         | 800m Run       |
| 1:05 pm    | 5A - G         | 800m Run       | 4A - B         | 800m Run       | 3A - G         | 800m Run       | 2A - B         | 800m Run       |
| 1:20 pm    | 1A - B         | 4 X 200m Relay | 1A - G         | 4 X 200m Relay | 1A - B         | 4 X 200m Relay | 1A - G         | 4 X 200m Relay |
| 1:25 pm    | 1A - G         | 4 X 200m Relay | 1A - B         | 4 X 200m Relay | 1A - G         | 4 X 200m Relay | 1A - B         | 4 X 200m Relay |
| 1:30 pm    | 3A - B         | 4 X 200m Relay | 5A - G         | 4 X 200m Relay | 2A - B         | 4 X 200m Relay | 4A - G         | 4 X 200m Relay |
| 1:35 pm    | 3A - G         | 4 X 200m Relay | 5A - B         | 4 X 200m Relay | 2A - G         | 4 X 200m Relay | 4A - B         | 4 X 200m Relay |
| 1:40 pm    | 4A - B         | 4 X 200m Relay | 3A - G         | 4 X 200m Relay | 5A - B         | 4 X 200m Relay | 2A - G         | 4 X 200m Relay |
| 1:45 pm    | 4A - G         | 4 X 200m Relay | 3A - B         | 4 X 200m Relay | 5A - G         | 4 X 200m Relay | 2A - B         | 4 X 200m Relay |
| 1:50 pm    | 2A - B         | 4 X 200m Relay | 4A - G         | 4 X 200m Relay | 3A - B         | 4 X 200m Relay | 5A - G         | 4 X 200m Relay |
| 1:55 pm    | 2A - G         | 4 X 200m Relay | 4A - B         | 4 X 200m Relay | 3A - G         | 4 X 200m Relay | 5A - B         | 4 X 200m Relay |
| 2:00 pm    | 5A - B         | 4 X 200m Relay | 2A - G         | 4 X 200m Relay | 4A - B         | 4 X 200m Relay | 3A - G         | 4 X 200m Relay |
| 2:05 pm    | 5A - G         | 4 X 200m Relay | 2A - B         | 4 X 200m Relay | 4A - G         | 4 X 200m Relay | 3A - B         | 4 X 200m Relay |
| 2:10 pm    | Past Champions |                | Past Champions |                | Past Champions |                | Past Champions |                |
| 2:30 pm    | 1A - B         | 4 X 800m Relay | 1A - G         | 4 X 800m Relay | 1A - B         | 4 X 800m Relay | 1A - G         | 4 X 800m Relay |
| 2:50 pm    | 1A - G         | 4 X 800m Relay | 1A - B         | 4 X 800m Relay | 1A - G         | 4 X 800m Relay | 1A - B         | 4 X 800m Relay |
| 3:10 pm    | 3A - B         | 4 X 400m Relay | 5A - G         | 4 X 400m Relay | 2A - B         | 4 X 400m Relay | 4A - G         | 4 X 400m Relay |
| 3:23 pm    | 3A - G         | 4 X 400m Relay | 5A - B         | 4 X 400m Relay | 2A - G         | 4 X 400m Relay | 4A - B         | 4 X 400m Relay |
| 3:35 pm    | 4A - B         | 4 X 400m Relay | 3A - G         | 4 X 400m Relay | 5A - B         | 4 X 400m Relay | 2A - G         | 4 X 400m Relay |
| 3:48 pm    | 4A - G         | 4 X 400m Relay | 3A - B         | 4 X 400m Relay | 5A - G         | 4 X 400m Relay | 2A - B         | 4 X 400m Relay |
| 4:00 pm    | 2A - B         | 4 X 400m Relay | 4A - G         | 4 X 400m Relay | 3A - B         | 4 X 400m Relay | 5A - G         | 4 X 400m Relay |
| 4:13 pm    | 2A - G         | 4 X 400m Relay | 4A - B         | 4 X 400m Relay | 3A - G         | 4 X 400m Relay | 5A - B         | 4 X 400m Relay |
| 4:25 pm    | 5A - B         | 4 X 400m Relay | 2A - G         | 4 X 400m Relay | 4A - B         | 4 X 400m Relay | 3A - G         | 4 X 400m Relay |
| 4:38 pm    | 5A - G         | 4 X 400m Relay | 2A - B         | 4 X 400m Relay | 4A - G         | 4 X 400m Relay | 3A - B         | 4 X 400m Relay |