



Northeast Zonal Time Schedule

Oval Running Events		
Time	Event	Number of Heats
9:00am	3000m Racewalk Boys & Girls	1
9:20am	1500m Racewalk Girls	1
9:40am	1500m Racewalk Boys	1
9:55am	3,000m Run	6
11:10am	4 X 200m Relay	8
11:35am	800m	28
12:55pm	400m	80
3:00pm	1,500m	21
4:45pm	200m	103
6:20pm	4X400m Relay	8
Straightaway Running Events		
Time	Event	Number of Heats
9:15am	55H	15
9:45am	55m Dash	52
10:55am	55H Finals	4
11:05am	55m Dash	11
FIELD EVENTS		
Time	Event	
9:00am	Long Jump Girls	Outside Runway
	Triple Jump Girls	following LJ
9:00am	Long Jump Boys	Inside Runway
	Triple Jump Boys	following LJ
9:30am	Shot Put Boys	Small Cage
9:30am	Shot Put Girls	Large Cage
	Weight Throw Girls	following girls SP
	Weight Throw Boys	following girls WT
9:30am	Pole Vault All Girls	Outside Runway
	Pole Vault All Boys	following Girls
11:30am	High Jump Girls	
11:30am	High Jump Boys	

The meet will run ahead of schedule when possible!