



2025-2026

Indoor Track

Schedule & Qualifying Marks

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2025-26 Indoor Track Schedule & Qualifying Standards

DIVISION 2 CHAMPIONSHIP – Wednesday, February 11, 2026

ENTRY DEADLINE: All Events – 2/8/2026 (8:00 PM) - NO LATE ENTRIES

Event	Approx. Time	Min Entries	Auto Qualifier	ADDITIONAL INFO
Para Oval Events (300m, 1000m)	4:00 PM	-	-	See approved para format for Qualification Standards
Boys Shot Put (+para)	4:30 PM	24	45'8"	All field event athletes, regardless of flight, must check in at the event prior to the first flight of their gender beginning; 9+ ties advance to finals for 3 more throws/jumps.
Girls Shot Put (+para)	Est 6:00 PM	24	32'7"	
Boys 55m Hurdles Trials	4:30-4:35 PM	32	8.28 (FAT ONLY)	Preferred lanes for all infield races: 5-4-6-3-7-2-8-1 with top 8 advancing to finals on time only.
Girls 55m Hurdles Trials	4:40-4:45 PM	32	9.36 (FAT ONLY)	
Boys 55m Dash Trials (+para)	4:45-4:50 PM	32	6.76 (FAT ONLY)	
Girls 55m Dash Trials (+para)	4:50-4:55 PM	32	7.62 (FAT ONLY)	
Boys 55m Hurdles Final	4:55-5:00 PM	8		Top 8 times from Trials advance to the Finals.
Girls 55m Hurdles Final	5:00-5:05 PM	8		
Boys 55m Dash Final (+para)	5:05-5:08 PM	8		
Girls 55m Dash Final (+para)	5:08-5:10 PM	8		
Boys High Jump	5:15 PM	24	5'8"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Girls High Jump	5:15 PM	24	4'10"	
Boys Long Jump	5:15 PM	24	19'10"	
Girls Long Jump	5:15 PM	24	16'3"	
Boys 1 Mile Final	5:10-5:25 PM	36	04:37.76(4:37.5h)	Begins after infield races conclude
Girls 1 Mile Final	5:25-5:35 PM	36	05:24.56(5:24.3h)	
Boys 600 meters Final	5:35-5:50 PM	36	01:27.07(1:26.8h)	Preferred Lanes: 5-6-4-3-2-1; run in lanes with a 2-turn stagger
Girls 600 meters Final	5:50-6:00 PM	36	01:42.65(1:42.4h)	
Boys 1000 meters Final	6:00-6:10 PM	36	02:40.23(2:39.9h)	
Girls 1000 meters Final	6:10-6:20 PM	36	03:10.07(3:09.8h)	
Boys 300 meters Final	6:20-6:30 PM	32	37.00 (FAT ONLY)	Preferred Lanes: 5-6-4-3-2 (Lane 1 will not be used)
Girls 300 meters Final	6:30- 6:40 PM	32	43.66 (FAT ONLY)	
Boys 2 Mile Final	6:40-7:10 PM	32	10:00.01(9:59.7h)	
Girls 2 Mile Final	7:10-7:35 PM	32	12:05.27(12:05.0h)	
Boys 4x200m Relay	7:35-7:45 PM	24	01:35.31(1:35.0h)	Preferred Lanes: 5-4-3-2 (1 and 6 not used); run with 3-turn stagger.
Girls 4x200m Relay	7:45-7:55 PM	24	01:52.50(1:52.2h)	
Boys 4x800m Relay	7:55-8:15 PM	24	08:44.71(8:44.4h)	2-turn stagger with a barrel start
Girls 4x800m Relay	8:15-8:35 PM	24	10:46.47(10:46.2h)	
Boys 4x400m Relay	8:35-8:55 PM	24	03:38.18(3:37.9h)	Preferred Lanes: 5-6-4-3-2-1; run with 2-turn stagger.
Girls 4x400m Relay	8:55-9:10 PM	24	04:20.87(4:20.6h)	

NOTES:

55m Hurdles, 55m Dash, and 300-meters must have a FAT qualifying time. NO hand times accepted.

When using a hand time for qualification, enter time to the tenth only, followed by an "h"

The Tournament Director will add 0.24 to each hand time for entry and seeding purposes

All races seeded slow to fast (except hurdles and dash trials seeded fast to slow)

All event start times are approximations only--rolling schedule

300 meters will be run in lanes the entire way. There will be NO cut-in.



2025-26 Indoor Track Schedule & Qualifying Standards

DIVISION 3 CHAMPIONSHIP – Thursday, February 12, 2026

ENTRY DEADLINE: All Events – 2/8/2026 (8:00 PM) - NO LATE ENTRIES

Event	Approx. Time	Min Entries	Auto Qualifier	ADDITIONAL INFO
Para Oval Events (300m, 1000m)	4:00 PM	-	-	See approved para format for Qualification Standards
Boys Shot Put (+para)	4:30 PM	24	43'6"	All field event athletes, regardless of flight, must check in at the event prior to the first flight of their gender beginning; 9+ ties advance to finals for 3 more throws/jumps.
Girls Shot Put (+para)	Est 6:00 PM	24	31'5"	
Boys 55m Hurdles Trials	4:30-4:35 PM	32	8.27 (FAT ONLY)	Preferred lanes for all infield races: 5-4-6-3-7-2-8-1 with top 8 advancing to finals on time only.
Girls 55m Hurdles Trials	4:40-4:45 PM	32	9.17 (FAT ONLY)	
Boys 55m Dash Trials (+para)	4:45-4:50 PM	32	6.74 (FAT ONLY)	
Girls 55m Dash Trials (+para)	4:50-4:55 PM	32	7.57 (FAT ONLY)	
Boys 55m Hurdles Final	4:55-5:00 PM	8		Top 8 times from Trials advance to the Finals.
Girls 55m Hurdles Final	5:00-5:05 PM	8		
Boys 55m Dash Final (+para)	5:05-5:08 PM	8		
Girls 55m Dash Final (+para)	5:08-5:10 PM	8		
Boys High Jump	5:15 PM	24	5'10"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Girls High Jump	5:15 PM	24	5'0"	
Boys Long Jump	5:15 PM	24	20'3"	
Girls Long Jump	5:15 PM	24	16'1"	
Boys 1 Mile Final	5:10-5:25 PM	36	04:37.62(4:37.3h)	Begins after infield races conclude
Girls 1 Mile Final	5:25-5:35 PM	36	05:28.86(5:28.6h)	
Boys 600 meters Final	5:35-5:50 PM	36	01:26.96(1:26.7h)	Preferred Lanes: 5-6-4-3-2-1; run in lanes with a 2-turn stagger
Girls 600 meters Final	5:50-6:00 PM	36	01:44.15(1:43.9h)	
Boys 1000 meters Final	6:00-6:10 PM	36	02:39.84(2:39.6h)	Preferred Lanes: 5-6-4-3-2 (Lane 1 will not be used)
Girls 1000 meters Final	6:10-6:20 PM	36	03:11.05(3:10.8h)	
Boys 300 meters Final	6:20-6:30 PM	32	36.60 (FAT ONLY)	
Girls 300 meters Final	6:30- 6:40 PM	32	42.83 (FAT ONLY)	
Boys 2 Mile Final	6:40-7:10 PM	32	10:10.01(10:09.7h)	Preferred Lanes: 5-4-3-2 (1 and 6 not used); run with 3-turn stagger.
Girls 2 Mile Final	7:10-7:35 PM	32	12:14.07(12:13.8h)	
Boys 4x200m Relay	7:35-7:45 PM	24	01:36.12(1:35.8h)	2-turn stagger with a barrel start
Girls 4x200m Relay	7:45-7:55 PM	24	01:52.21(1:51.9h)	
Boys 4x800m Relay	7:55-8:15 PM	24	08:46.80(8:46.5h)	Preferred Lanes: 5-6-4-3-2-1; run with 2-turn stagger.
Girls 4x800m Relay	8:15-8:35 PM	24	10:48.77(10:48.5h)	
Boys 4x400m Relay	8:35-8:55 PM	24	03:39.77(3:39.5h)	
Girls 4x400m Relay	8:55-9:10 PM	24	04:21.24(4:21.0h)	

NOTES:

55m Hurdles, 55m Dash, and 300-meters must have a FAT qualifying time. NO hand times accepted.

When using a hand time for qualification, enter time to the tenth only, followed by an "h"

The Tournament Director will add 0.24 to each hand time for entry and seeding purposes

All races seeded slow to fast (except hurdles and dash trials seeded fast to slow)

All event start times are approximations only--rolling schedule

300 meters will be run in lanes the entire way. There will be NO cut-in.



2025-26 Indoor Track Schedule & Qualifying Standards

DIVISION 4 CHAMPIONSHIP – Friday, February 13, 2026

ENTRY DEADLINE: All Events – 2/8/2026 (8:00 PM) - NO LATE ENTRIES

Event	Approx. Time	Min Entries	Auto Qualifier	ADDITIONAL INFO
Para Oval Events (300m, 1000m)	4:00 PM	-	-	See approved para format for Qualification Standards
Boys Shot Put (+para)	4:30 PM	24	43'0"	All field event athletes, regardless of flight, must check in at the event prior to the first flight of their gender beginning; 9+ ties advance to finals for 3 more throws/jumps.
Girls Shot Put (+para)	Est 6:00 PM	24	31'4"	
Boys 55m Hurdles Trials	4:30-4:35 PM	32	8.25 (FAT ONLY)	Preferred lanes for all infield races: 5-4-6-3-7-2-8-1 with top 8 advancing to finals on time only.
Girls 55m Hurdles Trials	4:40-4:45 PM	32	9.39 (FAT ONLY)	
Boys 55m Dash Trials (+para)	4:45-4:50 PM	32	6.77 (FAT ONLY)	
Girls 55m Dash Trials (+para)	4:50-4:55 PM	32	7.60 (FAT ONLY)	
Boys 55m Hurdles Final	4:55-5:00 PM	8		Top 8 times from Trials advance to the Finals.
Girls 55m Hurdles Final	5:00-5:05 PM	8		
Boys 55m Dash Final (+para)	5:05-5:08 PM	8		
Girls 55m Dash Final (+para)	5:08-5:10 PM	8		
Boys High Jump	5:15 PM	24	5'10"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Girls High Jump	5:15 PM	24	5'0"	
Boys Long Jump	5:15 PM	24	19'11"	
Girls Long Jump	5:15 PM	24	16'5"	
Boys 1 Mile Final	5:10-5:25 PM	36	04:40.39(4:40.1h)	Begins after infield races conclude
Girls 1 Mile Final	5:25-5:35 PM	36	05:41.33(5:41.0h)	
Boys 600 meters Final	5:35-5:50 PM	36	01:27.78(1:27.5h)	Preferred Lanes: 5-6-4-3-2-1; run in lanes with a 2-turn stagger
Girls 600 meters Final	5:50-6:00 PM	36	01:43.86(1:43.6h)	
Boys 1000 meters Final	6:00-6:10 PM	36	02:44.42(2:44.1h)	
Girls 1000 meters Final	6:10-6:20 PM	36	03:13.43(3:13.1h)	
Boys 300 meters Final	6:20-6:30 PM	32	36.94 (FAT ONLY)	Preferred Lanes: 5-6-4-3-2 (Lane 1 will not be used)
Girls 300 meters Final	6:30- 6:40 PM	32	43.35 (FAT ONLY)	
Boys 2 Mile Final	6:40-7:10 PM	32	10:26.18(10:26.9h)	
Girls 2 Mile Final	7:10-7:35 PM	32	12:29.01(12:28.7h)	
Boys 4x200m Relay	7:35-7:45 PM	24	01:36.89(1:36.6h)	Preferred Lanes: 5-4-3-2 (1 and 6 not used); run with 3-turn stagger.
Girls 4x200m Relay	7:45-7:55 PM	24	01:53.36(1:53.1h)	
Boys 4x800m Relay	7:55-8:15 PM	24	08:57.35(8:57.1h)	2-turn stagger with a barrel start
Girls 4x800m Relay	8:15-8:35 PM	24	10:52.97(10:52.7h)	
Boys 4x400m Relay	8:35-8:55 PM	24	03:41.81(3:41.5h)	Preferred Lanes: 5-6-4-3-2-1; run with 2-turn stagger.
Girls 4x400m Relay	8:55-9:10 PM	24	04:26.70(4:26.4h)	

NOTES:

55m Hurdles, 55m Dash, and 300-meters must have a FAT qualifying time. NO hand times accepted.

When using a hand time for qualification, enter time to the tenth only, followed by an "h"

The Tournament Director will add 0.24 to each hand time for entry and seeding purposes

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All event start times are approximations only--rolling schedule

300 meters will be run in lanes the entire way. There will be NO cut-in.



2025-26 Indoor Track Schedule & Qualifying Standards

DIVISION 5 CHAMPIONSHIP – Saturday, February 14, 2026

ENTRY DEADLINE: All Events – 2/8/2026 (8:00 PM) - NO LATE ENTRIES

<u>Event</u>	<u>Approx. Time</u>	<u>Min Entries</u>	<u>Auto Qualifier</u>	<u>ADDITIONAL INFO</u>
Para Oval Events (300m, 1000m)	10:00 AM	-	-	See approved para format for Qualification Standards
Boys Shot Put (+para)	10:30 AM	24	43'8"	All field event athletes, regardless of flight, must check in at the event prior to the first flight of their gender beginning; 9+ ties advance to finals for 3 more throws/jumps.
Girls Shot Put (+para)	Est 12:00 PM	24	30'5"	
Boys 55m Hurdles Trials	10:30-10:35 AM	32	8.50 (FAT ONLY)	Preferred lanes for all infield races: 5-4-6-3-7-2-8-1 with top 8 advancing to finals on time only.
Girls 55m Hurdles Trials	10:40-10:45 AM	32	9.33 (FAT ONLY)	
Boys 55m Dash Trials (+para)	10:45-10:50 AM	32	6.76 (FAT ONLY)	
Girls 55m Dash Trials (+para)	10:50-10:55 AM	32	7.64 (FAT ONLY)	
Boys 55m Hurdles Final	10:55-11:00 AM	8		Top 8 times from Trials advance to the Finals.
Girls 55m Hurdles Final	11:00-11:05 AM	8		
Boys 55m Dash Final (+para)	11:05-11:08 AM	8		
Girls 55m Dash Final (+para)	11:08-11:10 AM	8		
Boys High Jump	11:15 AM	24	5'10	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Girls High Jump	11:15 AM	24	4'10"	
Boys Long Jump	11:15 AM	24	19'8"	
Girls Long Jump	11:15 AM	24	15'9"	
Boys 1 Mile Final	11:10-11:25 AM	36	04:43.27(4:43.0h)	Begins after infield races conclude
Girls 1 Mile Final	11:25-11:35 AM	36	05:33.87(5:33.6h)	
Boys 600 meters Final	11:35-11:50 AM	36	01:27.49(1:27.2h)	Preferred Lanes: 5-6-4-3-2-1; run in lanes with a 2-turn stagger
Girls 600 meters Final	11:50-12:00 PM	36	01:44.86(1:44.6h)	
Boys 1000 meters Final	12:00-12:10 PM	36	02:44.50(2:44.2h)	Preferred Lanes: 5-6-4-3-2 (Lane 1 will not be used)
Girls 1000 meters Final	12:10-12:20 PM	36	03:20.08(3:19.8h)	
Boys 300 meters Final	12:20-12:30 PM	32	36.77 (FAT ONLY)	
Girls 300 meters Final	12:30-12:40 PM	32	43.31 (FAT ONLY)	
Boys 2 Mile Final	12:40-1:10 PM	32	10:24.25(10:24.0h)	Preferred Lanes: 5-4-3-2 (1 and 6 not used); run with 3-turn stagger.
Girls 2 Mile Final	1:10-1:35 PM	32	12:38.53(12:38.2h)	
Boys 4x200m Relay	1:35-1:45 PM	24	01:37.31(1:37.0h)	2-turn stagger with a barrel start
Girls 4x200m Relay	1:45-1:55 PM	24	01:52.94(1:52.7h)	
Boys 4x800m Relay	1:55-2:15 PM	24	08:57.43(8:57.1h)	Preferred Lanes: 5-6-4-3-2-1; run with 2-turn stagger.
Girls 4x800m Relay	2:15-2:35 PM	24	11:05.20(11:04.9h)	
Boys 4x400m Relay	2:35-2:55 PM	24	03:41.86 (3:41.6h)	
Girls 4x400m Relay	2:55-3:10 PM	24	04:25.94(4:25.7h)	

NOTES:

55m Hurdles, 55m Dash, and 300-meters must have a FAT qualifying time. NO hand times accepted.

When using a hand time for qualification, enter time to the tenth only, followed by an "h"

The Tournament Director will add 0.24 to each hand time for entry and seeding purposes

All races seeded slow to fast (except hurdles and dash trials seeded fast to slow)

All event start times are approximations only--rolling schedule

300 meters will be run in lanes the entire way. There will be NO cut-in.



2025-26 Indoor Track Schedule & Qualifying Standards

DIVISION 1 CHAMPIONSHIP – Sunday, February 15, 2026

ENTRY DEADLINE: All Events – 2/8/2026 (8:00 PM) - NO LATE ENTRIES

Event	Approx. Time	Min Entries	Auto Qualifier	ADDITIONAL INFO
Para Oval Events (300m, 1000m)	12:30 PM	-	-	See approved para format for Qualification Standards
Boys Shot Put (+para)	1:00 PM	24	45'11"	All field event athletes, regardless of flight, must check in at the event prior to the first flight of their gender beginning; 9+ ties advance to finals for 3 more throws/jumps.
Girls Shot Put (+para)	Est 2:30 PM	24	32'7"	
Boys 55m Hurdles Trials	1:00-1:05 PM	32	7.97 (FAT ONLY)	Preferred lanes for all infield races: 5-4-6-3-7-2-8-1 with top 8 advancing to finals on time only.
Girls 55m Hurdles Trials	1:10-1:15 PM	32	9.13 (FAT ONLY))	
Boys 55m Dash Trials (+para)	1:15-1:20 PM	32	6.68 (FAT ONLY)	
Girls 55m Dash Trials (+para)	1:20-1:25 PM	32	7.57 (FAT ONLY))	
Boys 55m Hurdles Final	1:25-1:30 PM	8		
Girls 55m Hurdles Final	1:30-1:35 PM	8		Top 8 times from Trials advance to the Finals.
Boys 55m Dash Final (+para)	1:35-1:38 PM	8		
Girls 55m Dash Final (+para)	1:38-1:40 PM	8		
Boys High Jump	1:45 PM	24	6'0"	Opens at height of lowest qualifier. Up 2" (+1" first if odd open height).
Girls High Jump	1:45 PM	24	4'10"	
Boys Long Jump	1:45 PM	24	20'6"	
Girls Long Jump	1:45 PM	24	16'4"	
Boys 1 Mile Final	1:40-1:55 PM	36	04:27.59(4:27.3h)	Begins after infield races conclude
Girls 1 Mile Final	1:55-2:05 PM	36	05:17.37(5:17.1h)	
Boys 600 meters Final	2:05-2:20 PM	36	01:25.30(1:25.0h)	Preferred Lanes: 5-6-4-3-2-1; run in lanes with a 2-turn stagger
Girls 600 meters Final	2:20-2:30 PM	36	01:41.66(1:41.4h)	
Boys 1000 meters Final	2:30-2:40 PM	36	02:38.42(2:38.1h)	
Girls 1000 meters Final	2:40-2:50 PM	36	03:07.96(3:07.7h)	
Boys 300 meters Final	2:50-3:00 PM	32	35.94 (FAT ONLY)	Preferred Lanes: 5-6-4-3-2 (Lane 1 will not be used)
Girls 300 meters Final	3:00-3:10 PM	32	42.50 (FAT ONLY)	
Boys 2 Mile Final	3:10-3:40 PM	32	9:45.26(9:45.0h)	
Girls 2 Mile Final	3:40-4:05 PM	32	11:52.68(11:52.4h)	
Boys 4x200m Relay	4:05-4:15 PM	24	01:33.66(1:33.4h)	Preferred Lanes: 5-4-3-2 (1 and 6 not used); run with 3-turn stagger.
Girls 4x200m Relay	4:15-4:25 PM	24	01:49.78(1:49.5h)	
Boys 4x800m Relay	4:25-4:45 PM	24	08:28.33(8:28.1h)	2-turn stagger with a barrel start
Girls 4x800m Relay	4:45-5:05 PM	24	10:23.61(10:23.3h)	
Boys 4x400m Relay	5:05-5:25 PM	24	03:33.99(3:33.7h)	Preferred Lanes: 5-6-4-3-2-1; run with 2-turn stagger.
Girls 4x400m Relay	5:25-5:40 PM	24	04:16.97(4:16.7h)	

NOTES:

55m Hurdles, 55m Dash, and 300-meters must have a FAT qualifying time. NO hand times accepted.

When using a hand time for qualification, enter time to the tenth only, followed by an "h"

The Tournament Director will add 0.24 to each hand time for entry and seeding purposes

All races seeded slow to fast (except hurdles and dash trials seeded fast to slow)

All event start times are approximations only--rolling schedule

300 meters will be run in lanes the entire way. There will be NO cut-in.



2025-26 Indoor Track Schedule & Qualifying Standards

MEET OF CHAMPIONS – Saturday, February 21, 2026

ENTRY DEADLINE: All Events – 2/16/2026 (8:00 PM) - NO LATE ENTRIES

Event	Approx. Time	Min Entries	ADDITIONAL INFO
Para Oval Events (300m, 1000m)	10:00 AM	-	
Boys Shot Put (+para)	10:30 AM	24	All field event athletes, regardless of flight, must check in at the event prior to the first flight of their gender beginning; 9+ ties advance to finals for 3 more throws/jumps.
Girls Shot Put (+para)	Est 12:00 PM	24	
Boys Weight Throw	Est. 1:30 PM	15 max	4 throws; no finals;
Girls Weight Throw	Est. 2:30 PM	15 max	Bring own implement - 16cm handles only
Boys 55m Hurdles Trials	10:30-10:35 AM	24	Preferred lanes for all infield races: 5-4-6-3-7-2-8-1 with heat winners + next best times to fill 8 advancing to finals.
Girls 55m Hurdles Trials	10:35-10:40 AM	24	
Boys 55m Dash Trials (+para)	10:40-10:45 AM	24	Heat winners advance and the remaining slots in the 8-athlete finals will be by best times from the trials after the heat winners.
Girls 55m Dash Trials (+para)	10:45-10:50 AM	24	
Boys 55m Hurdles Final	10:50-10:55 AM	8	
Girls 55m Hurdles Final	10:55-11:00 AM	8	
Boys 55m Dash Final (+para)	11:00-11:03 AM	8	
Girls 55m Dash Final (+para)	11:03-11:05 AM	8	
Boys High Jump	11:10 AM	24	Starts at height of lowest qualifier Up 2" (+1" first if odd opening height)
Girls High Jump	11:10 AM	24	
Boys Long Jump	11:10 AM	24	
Girls Long Jump	11:10 AM	24	
Boys 1 Mile Final	11:05-11:20 AM	24	Begins after infield races conclude
Girls 1 Mile Final	11:20-11:30 AM	24	
Boys 600 meters Final	11:30-11:40 AM	24	Preferred Lanes: 5-6-4-3-2-1
Girls 600 meters Final	11:40-11:50 AM	24	Preferred Lanes: 5-6-4-3-2-1
Boys 1000 meters Final	11:50-11:58 AM	24	
Girls 1000 meters Final	11:58-12:05 PM	24	
Boys 300 meters Final	12:05-12:10 PM	24	Preferred Lanes: 5-6-4-3-2 (No 1)
Girls 300 meters Final	12:10-12:15 PM	24	Preferred Lanes: 5-6-4-3-2 (No 1)
Boys 2 Mile Final	12:15-12:40 PM	24	
Girls 2 Mile Final	12:40-1:05 PM	24	
Boys 4x200m Relay	1:05-1:20 PM	24	Preferred Lanes: 5-4-3-2 (No 1 or 6)
Girls 4x200m Relay	1:20-1:35 PM	24	Run with a 3-turn stagger
Boys 4x800m Relay	1:35-1:55 PM	24	2-turn stagger with a barrel start
Girls 4x800m Relay	1:55-2:15 PM	24	2-turn stagger with a barrel start
Boys 4x400m Relay	2:15-2:30 PM	24	Preferred Lanes: 5-6-4-3-2-1
Girls 4x400m Relay	2:30-2:45 PM	24	2-turn stagger in lanes

NOTES:

All races seeded slow to fast (except hurdles & dash trials will be serpentine seeding).

All event start times are approximations only--rolling schedule

300 meters will be run in lanes the entire way. There will be NO cut-in.