

5:00AM	Athletes arrive for attendance			
5:15AM	Bus departs for 168th St. Armory without stopping for food (I will provide bagels, peanut butter, fruit and water)			
8:30AM	Arrive at The Armory			
9:00AM	Freshman girls 4x800 relay			
9:00AM	Girls Shuttle Hurdle Relay (infield) Final on time			
9:15AM	Freshman boys 4x800 relay			
4x800 A				
9:40AM	Boys Shuttle Hurdle (infield) Final on time			
9:35AM	Sophomore girls 4x800 relay			
9:50AM	Sophomore boys 4x800 relay			
4x800 A				
4x800 B				
10:15AM	Varsity Girls 4x200 relay-Trials			
10:55AM	Varsity Boys 4x200 relay-Trials			
4x200 A				
4x200 B				
4x200 C				
4x200 D				
11:40AM	Freshman Girls 4x200 relay-Final on time			
12:00PM	Freshman Boys 4x200 relay-Final on time			
4x200 A				
4x200 B				
12:20PM	Sophomore Girls 4x200 relay-Final on time			
12:35PM	Sophomore Boys 4x200 relay-Final on time			
4x200 A				
4x200 B				
12:55PM	National Anthem and Presentation			
1:10PM	Invitational Boys Distance Medley Relay			
A Team				
1:25PM	Girls 4x200 Meter Relay Final			
1:30PM	Invitational Boys 800 Meter Run			
1:35PM	Invitational Girls 800 Meter Run			
1:45PM	Boys 4x200 Meter Relay Final			
1:50PM	Invitational Girls DMR			
2:10PM	Girls DMR-Final			
3:00PM	Boys DMR-Final			
DMR A				
DMR B				
DMR C				
3:40PM	Freshman Girls 4x400 Relay			
3:55PM	Freshman Boys 4x400 Relay			
4x400 A				
4:10PM	Sophomore Girls 4x400 Relay			
4:25PM	Sophomore Boys 4x400 Relay			
4x400 A				
4x400 B				
4:50PM	Girls 4x800 Relay			
5:30PM	Boys 4x800 Relay			
4x800 A				
4x800 B				
4x800 C				
Field Events				
9:00AM	Girls shot put relay			
9:00AM	Boys and girls long jump relays (separate pits)			
LJ A				
LJ B				
2:00PM	Boys triple jump to follow long jump (separate pits)			
TJ A				
TJ B				
9:00AM	Girls pole vault relay			
1:00AM	Boys pole vault relay (10' STARTING HEIGHT)			
PV A				
11:30AM	Boys high jump relay (5'6" starting height)			
HJ A				
1:30AM	Boys shot put relay			
SP A				