



2016 SCHEDULE OF RUNNING EVENTS

SATURDAY, MARCH 19

Time	Event	Division		
7:00 AM	5,000/10,000/Mile Race Walk	O	Co-Ed	Final
8:00 AM	*4x200 Meter Relay (16 advance)	HS	Boys	Prelim
MORNING SESSION ROLLING SCHEDULE	Sprint Medley Relay	HS	Girls	Final
	Sprint Medley Relay	HS	Boys	Final
	Distance Medley Relay	HS	Girls	Final
	Distance Medley Relay	HS	Boys	Final
	3,200 Meters	HS	Girls	Final
	3,200 Meters	HS	Boys	Final
	100 Meter Hurdles (8 advance)	HS	Girls	Prelim
	110 Meter Hurdles (8 advance)	HS	Boys	Prelim
	4x100-Meter Relay (16 advance)	HS	Girls	Prelim
	4x100-Meter Relay (16 advance)	HS	Boys	Prelim
	200 Meters (heats against time)	HS	Girls	Final
	200 Meters (heats against time)	HS	Boys	Final
	200 Meters (heats against time)	O	Women	Final
	200 Meters (heats against time)	UC	Women	Final
	200 Meters (heats against time)	O	Men	Final
	200 Meters (heats against time)	UC	Men	Final
	800 Meters (heats against time)	UC/O	Women	Final
	800 Meters (heats against time)	HS	Girls	Final
	800 Meters (heats against time)	UC/O	Men	Final
	800 Meters (heats against time)	HS	Boys	Final
	4x200-Meter Relay	MS	Girls	Final
	4x200-Meter Relay	MS	Boys	Final
	4x200-Meter Relay	UC	Women	Final
	4x200-Meter Relay (Teams 9-16)	HS	Girls	Final
	4x200-Meter Relay (Teams 1-8)	HS	Girls	Final
	4x200-Meter Relay	UC	Men	Final
	4x200-Meter Relay (Teams 9-16)	HS	Boys	Final
	4x200-Meter Relays (Teams 1-8)	HS	Boys	Final

3:00 PM **OPENING CEREMONIES**

UC-University/College

O-Open

HS-High School

MS-Middle School



2016 SCHEDULE OF RUNNING EVENTS

SATURDAY, MARCH 19

Time	Event	Division		
3:30 PM	4x100-Meter Relay	MS	Girls	Final
	4x100-Meter Relay	MS	Boys	Final
	4x100-Meter Relay Invtl.	Open	Women	Final
	4x100-Meter Relay Invtl.	Open	Men	Final
	4x400-Meter Relay Invtl.	Open	Women	Final
	4x400-Meter Relay Invtl.	Open	Men	Final
	4x100-Meter Relay (heats against time	UC	Women	Final
	4x100-Meter Relay (Teams 9-16)	HS	Girls	Final
	4x100-Meter Relay (Teams 1-8)	HS	Girls	Final
	4x100-Meter Relay (heats against time	UC	Men	Final
	4x100-Meter Relay (Teams 9-16)	HS	Boys	Final
	4x100-Meter Relay (Teams 1-8)	HS	Boys	Final
	400 Meters Invtl.	Open	Women	Final
	400 Meters	UC	Women	Final
4:10 PM	400 Meters	HS	Girls	Final
	400 Meters Invtl.	Open	Men	Final
	400 Meters	UC	Men	Final
	400 Meters	HS	Boys	Final
	100 Meter Hurdles Invtl.	Open	Women	Final
	100 Meter Hurdles	UC	Women	Final
4:30 PM	100 Meter Hurdles	HS	Girls	Final
	110 Meter Hurdles Invtl.	Open	Men	Final
	110 Meter Hurdles	UC	Men	Final
	110 Meter Hurdles	HS	Boys	Final
	100 Meters Inv.	Open	Women	Final
	100 Meters	UC	Women	Final
4:55 PM	100 Meters	HS	Girls	Final
	100 Meters Inv.	Open	Men	Final
	100 Meters	U/C	Men	Final
	100 Meters	HS	Boys	Final
	1,500 Meters (heats against time)	UC/O	Women	Final
	1,500 Meters (heats against time)	UC/O	Men	Final
5:20 PM	1,600 Meters	HS	Girls	Final
	1,600 Meters	HS	Boys	Final
	4x400-Meter Relay (heats against time	UC	Women	Final
	4x400-Meter Relay (heats against time	HS	Girls	Final
5:50 PM	4x400-Meter Relay (heats against time	UC	Men	Final
	4x400-Meter Relay (heats against time	HS	Boys	Final

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O-Open

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