SATURDAY DECEMBER 7

1:00 THROWS
- Shot Put Girls (one circle)
- Weight Throw Boys (in Cage)
  - The boys SP will follow the girls
  - The girls WT will follow the boys

1:30 JUMPS
- Long Jump Boys and Girls (two pits)
- Triple Jump will follow Long Jump
- High Jump Boys and Girls (two pits)
- Pole Vault Boys and Girls (two pits)

1:30 RUNNING STARTS (Rolling Schedule)
- 60m Hurdle (NO FINALS)
- 1600m
- 60m Dash (NO FINALS)
- 800m
- 200m

SATURDAY JANUARY 4

1:00 THROWS
- Shot Put Girls (one circle)
- Weight Throw Boys (in Cage)
  - The boys SP will follow the girls
  - The girls WT will follow the boys

1:30 JUMPS
- Long Jump Boys and Girls (two pits)
- Triple Jump will follow Long Jump
- High Jump Boys and Girls (two pits)
- Pole Vault Boys and Girls (two pits)

1:30 RUNNING STARTS (Rolling Schedule)
- 4x800m
- 60m Hurdle (NO FINALS)
- 60m Dash (NO FINALS)
- 1600m
- 400m
- 800m

SATURDAY JANUARY 11

1:00 THROWS
- Shot Put Girls (one circle)
- Weight Throw Boys (in Cage)
  - The boys SP will follow the girls
  - The girls WT will follow the boys

1:30 JUMPS
- Long Jump Boys and Girls (two pits)
- Triple Jump will follow Long Jump
- High Jump Boys and Girls (two pits)
- Pole Vault Boys and Girls (two pits)

1:30 RUNNING STARTS (Rolling Schedule)
- ELITE MILE
  - Open 1600m
  - 60m Hurdles (NO FINALS)
  - 60m Dash (NO FINALS)
  - 200m
  - 800m
  - 4 x 400m

SATURDAY JANUARY 18

1:00 THROWS
- Shot Put Girls (one circle)
- Weight Throw Boys (in Cage)
  - The boys SP will follow the girls
  - The girls WT will follow the boys

1:30 JUMPS
- Long Jump Boys and Girls (two pits)
- Triple Jump will follow Long Jump
- High Jump Boys and Girls (two pits)
- Pole Vault Boys and Girls (two pits)

1:30 RUNNING STARTS (Rolling Schedule)
- Open 3200m
- 60m Hurdle (NO FINALS)
- 60m Dash (NO FINALS)
- 400m
- 1600m
- 4x200m Relay

JOIN US FOR THE ELITE 3200 ON FRIDAY, FEBRUARY 14