

Thursday, July 3rd
Central Valley High School

Decathlon Schedule 15-16 (B) 17-18 (B)		Heptathlon Schedule 15-16 (G) 17-18 (G)		Pentathlon Schedule 13-14 (G) 13-14 (B)	
Time	Event	Time	Event	Time	Event
9:00 am	100m	9:45 am	100m Hurdles	9:15 am	100m Hurdles
	Long Jump (Pit 1)		High Jump		Shot Put (Pit 1)
	Shot Put (Pit 2)		Shot Put (Pit 1)		High Jump
	High Jump		200m		Long Jump (Pit 1)
	400m				800m (G) 1500m (B)

Friday, July 4th
Central Valley High School

Decathlon Schedule 15-16 (B) 17-18 (B)		Heptathlon Schedule 15-16 (G) 17-18 (G)		Pentathlon Schedule 11-12 (G) 11-12 (B)		Triathlon Schedule 9-10 (G) 9-10 (B)	
Time	Event	Time	Event	Time	Event	Time	Event
9:15 am	110m Hurdles	10:00am	Long Jump (Pit 1)	9:00 am	80m Hurdles	9:00am	Shot Put (Pit 1)
	Discus		Javelin		Shot Put (Pit 1)		High Jump
	Pole Vault		800m		High Jump		200m (G) 400m (B)
	Javelin				Long Jump (Pit 1)		
	1500m				800m		

Friday, July 4th
Spokane Falls Community College (SFCC)
Track Events

Steeple Chase					
8 + Under	9-10	11-12	13-14	15-16	17-18
				6:00 pm (G) 6:45 pm (B)	6:20 pm (G) 7:05 pm (B)

Field Events Central Valley High School

Hammer Throw					
8 + Under	9-10	11-12	13-14	15-16	17-18
				6:00 pm (G) 7:00 pm (B)	6:00 pm (G) 7:00 pm (B)

Saturday, July 5th--Central Valley High School

Track Schedule

8:30am	Race Walk	All Ages
9:00am	1500m	(8+Under)
	1500m	(9-10)
	1500m	(11-12)
	1500m	(13-14)
	1500m	(15-16)
	1500m	(17-18)
10:30am	100m Semi-Finals	(8+Under)
	100m Semi-Finals	(9-10)
	100m Semi-Finals	(11-12)
	100m Semi-Finals	(13-14)
	100m Semi-Finals	(15-16)
	100m Semi-Finals	(17-18)
12:00pm	400m Hurdles	(17-18 Boys 36") (15-16 Boys 36")
12:15pm	400m Hurdles	(17-18 Girls 30") (15-16 Girls 30")
12:30pm	200m Hurdles	(13-14 Boys 30") (13-14 Girls 30")
12:50pm	4x100m Relay	(8+Under)
	4x100m Relay	(9-10)
	4x100m Relay	(11-12)
	4x100m Relay	(13-14)
	4x100m Relay	(15-16)
	4x100m Relay	(17-18)
1:50pm	400m	(8+Under)
	400m	(9-10)
	400m	(11-12)
	400m	(13-14)
	400m	(15-16)
	400m	(17-18)
3:00pm	4x800m Relay	(11-12)
	4x800m Relay	(13-14)
	4x800m Relay	(15-16)
	4x800m Relay	(17-18)
4:00pm	200m Semi-Finals	(8+Under)
	200m Semi-Finals	(9-10)
	200m Semi-Finals	(11-12)
	200m Semi-Finals	(13-14)
	200m Semi-Finals	(15-16)
	200m Semi-Finals	(17-18)

Field Schedule

8:30am	Boys Long Jump	(8+Under)	Pit 2
	Girls Long Jump	(9-10)	Pit 1
	Boys Javelin	(9-10)	
	Girls High Jump	(11-12)	
	Boys Shot Put	(11-12)	Pit 2
	Girls Shot Put	(13-14)	Pit 1
	Boys Pole Vault	(13-14)	
	Girls Discus	(17-18)	
10:15am	Girls Long Jump	(8+Under)	Pit 2
	Boys Shot Put	(8+Under)	Pit 2
	Girls High Jump	(9-10)	
	Girls Discus	(11-12)	
	Boys Long Jump	(11-12)	Pit 1
	Girls Javelin	(13-14)	
	Boys Shot Put	(13-14)	Pit 1
	Boys Pole Vault	(15-16) and (17-18)	
12:00pm	Girls Shot Put	(8+Under)	Pit 2
	Boys Shot Put	(9-10)	Pit 1
	Girls Long Jump	(11-12)	Pit 1
	Boys Javelin	(11-12)	
	Girls Triple Jump	(13-14)	Pit 2
	Boys High Jump	(13-14)	
1:45pm	Girls Shot Put	(9-10)	Pit 2
	Boys High Jump	(9-10)	
	Girls Shot Put	(11-12)	Pit 1
	Girls Pole Vault	(13-14)	
	Boys Discus	(13-14)	
	Boys Javelin	(15-16)	
	Boys Triple Jump	(15-16)	Pit 2
	Girls Long Jump	(17-18)	Pit 1
3:30pm	Boys Long Jump	(9-10)	Pit 1
	Girls Javelin	(11-12)	
	Boys High Jump	(11-12)	
	Boys Triple Jump	(13-14)	Pit 2
	Girls Pole Vault	(15-16) and (17-18)	
	Boys Shot Put	(15-16)	Pit 2
	Girls Shot Put	(17-18)	Pit 1
	Boys Discus	(17-18)	
5:15pm	Girls Javelin	(9-10)	
	Girls Long Jump	(15-16)	Pit 1
	Boys Triple Jump	(17-18)	Pit 2

*Girls followed by Boys

*Events may run up to 30 minutes early

Sunday, July 6th--Central Valley High School

Track Schedule

8:30am	3000m	(11-12)
	3000m	(13-14)
	3000m	(15-16)
	3000m	(17-18)
10:30am	100m Finals	(8+Under)
	100m Finals	(9-10)
	100m Finals	(11-12)
	100m Finals	(13-14)
	100m Finals	(15-16)
	100m Finals	(17-18)
11:10am	80m Hurdles	(11-12)
11:25am	100m Hurdles	(13-14) (Boys and Girls)
11:35am	100m Hurdles	(15-16) (Girls)
11:40am	100m Hurdles	(17-18) (Girls)
11:50am	110m Hurdles	(15-16) (Boys)
12:00pm	110m Hurdles	(17-18) (Boys)
12:10pm	800m	(8+Under)
	800m	(9-10)
	800m	(11-12)
	800m	(13-14)
	800m	(15-16)
	800m	(17-18)
1:40pm	200m Finals	(8+Under)
	200m Finals	(9-10)
	200m Finals	(11-12)
	200m Finals	(13-14)
	200m Finals	(15-16)
	200m Finals	(17-18)
2:30pm	4x400m Relay	(8+Under)
	4x400m Relay	(9-10)
	4x400m Relay	(11-12)
	4x400m Relay	(13-14)
	4x400m Relay	(15-16)
	4x400m Relay	(17-18)

Field Schedule

8:30am	Boys Javelin	(8+Under)	
	Girls Javelin	(8+Under)	
	Girls High Jump	(13-14)	
	Boys Long Jump	(13-14)	Pit 1
	Boys Discus	(15-16)	
10:00am	Boys Discus	(11-12)	
	Girls Long Jump	(13-14)	Pit 1
	Girls Shot Put	(15-16)	Pit 1
	Boys High Jump	(15-16)	
	Girls Triple Jump	(15-16)	Pit 2
	Boys Javelin	(17-18)	
11:30pm	Boys Javelin	(13-14)	
	Girls Discus	(15-16)	
	Boys Long Jump	(15-16)	Pit 1
	Girls Triple Jump	(17-18)	Pit 2
	Boys High Jump	(17-18)	
1:00pm	Girls Discus	(13-14)	
	Girls High Jump	(15-16)	
	Girls Javelin	(17-18)	
	Boys Shot Put	(17-18)	Pit 1
	Boys Long Jump	(17-18)	Pit 1
2:30pm	Girls Javelin	(15-16)	
	Girls High Jump	(17-18)	

*Girls followed by Boys

*Events may run up to 30 minutes early