

<u>Time</u>	<u>Event</u>	<u>Athlete(s)</u>	<u>Warm-up</u>	
9:00	Girls 4x100 Heat 1	K.Masaki-Pena-Acuna Bravo-Bouchard	See Coach Scarpelli	
9:07	Boys 4x100 Heat 1	Barcenas-Grant-Moodie- Smith		
9:21	Girls 400 Heat 2	Rocchi		
10:12	Heat 20	Ma		
10:26	Boys 400 Heat 1	Guan & Mujakovic		
10:38	Heat 5	Garcia		
11:20	Heat 20	Tran		
11:43	Heat 28	Brown		
11:45	Heat 29	Ureta		
11:54	Heat 32	Colwell		
12:06	Girls 100 Heat 3	Trolan		
12:09	Heat 5	Bostic, Chia, David & Rocchi		
12:13	Heat 7	Shiu, Sykes & Tontiwattananan		
12:16	Heat 9	Chu & Eslampour		
12:20	Heat 11	Minasyan		
12:23	Heat 13	Spooner		
12:27	Heat 15	Hung & Ma		
12:37	Heat 21	Feng		
12:43	Heat 24	Katsarelis		Girls 100 Heat 7
12:44	Heat 25	Burks		See Coach Scarpelli
12:48	Heat 27	Leca		
12:50	Heat 28	Katunarcic		
12:53	Heat 30	Williams	Girls 100 Heat 13	
12:55	Heat 31	Acuna Bravo	See Coach Scarpelli	
1:02	Heat 35	Pena		
1:07	Heat 38	Masaki	Girls 100 Heat 21	
1:16	Heat 43	Bouchard	See Coach Scarpelli	
1:17	Boys 100 Heat 1	Guan, Mujakovic & Vaidyanathan		

<u>Time</u>	<u>Event</u>	<u>Athlete(s)</u>	<u>Warm-up</u>
1:30	Heat 8	Hwang & Ngo	
1:32	Heat 9	Roe	
1:34	Heat 10	Omo	Girls 100 Heat 36
1:36	Heat 11	Finau	Girls 100 Heat 37
1:45	Heat 16	Smith	See Coach Scarpelli
1:52	Heat 20	Kolics	
1:56	Heat 22	Tran	
2:08	Heat 29	Grant	
2:14	Heat 32	Colwell & Moodie	
2:16	Heat 33	Barcenas	Boys 100 Heat 16
2:34	Heat 43	Durst	See Coach Scarpelli
2:41	Heat 47	Ikegami	
2:48	Girls 300h Heat 1	Williams	Boys 100 Heat 26
3:09	Heat 10	Katsarelis & Masaki	Boys 100 Heat 38
3:18	Boys 300h Heat 3	Garcia	Boys 100 Heat 43
3:21	Heat 4	Omo	Boys 100 Heat 44
3:25	Heat 6	Barcenas, Brown & Finau	Boys 100 Heat 47
3:30	Heat 8	Ureta	Boys 100 Heat 49
3:37	Girls 4x400 Heat 1	Williams-Spooner- Masaki-Katsarelis	Girls 300h Heat 9
3:51	Boys 4x400 Heat 1	Barcenas-Brown-Ureta- Omo	Boys 300h Heat 4

***ALL TIMES ARE ESTIMATIONS!
YOU MUST WARM-UP AND
COOLDOWN BEFORE AND
AFTER EVERY EVENT!***