

*** - All starting times for running events are ESTIMATIONS!***

| Time* | Event | Athlete(s) | Warm-up |
|--------------|--------------|---|---|
| 10:11 | Girls 100HH | Amante, Brandon, Masaki, Tragesser & Williams | Girls 4x1600 |
| 10:21 | Boys 110HH | Finau, Luu, Omo & Shaw | Boys 4x1600 |
| 10:30 | Girls 4x100 | Acuna Bravo-Brandon-Burks-Leca Bouchard-Chin-Masaki-Pena | See Coach Scarpelli |
| 10:36 | Boys 4x100 | Barcenas-Grant-Ikegami-Moodie Mujakovic-Roe-Smith-Tran | |
| 11:34 | Boys 400 | Brown, Colwell, Durst, Mujakovic & Ureta | |
| 11:51 | Girls 100 | Acuna Bravo, Aiyub, Amante, Bostic, Bouchard, Brandon, Burks, Chia, Chin, Chu, Eslampour, Feng, Hung, Katunatic, Leca, Masaki, Mendiola, Minasyan, Nijjar, Pena, Rocchi, Spooner, Sykes, Tontiwattananan, Tragesser & Williams | Hurdlers & Jumpers @ Girls 400 Sprinters see Coach Scarpelli |
| 12:10 | Boys 100 | Barcenas, Finau, Garcia, Grant, Guan, Hwang, Ikegami, Luu, Moodie, Moon, Ngo, Omo, Rajan, Roe, Smith & Tran | Hurdlers & Jumpers @ Boys 400 Sprinters see Coach Scarpelli |
| 1:24 | Girls 300H | Amante, Masaki & Williams | Girls 4x800 |
| 1:30 | Boys 300H | Barcenas, Brown, Finau, Luu, Omo & Ureta | |
| 1:39 | Girls 200 | Acuna Bravo, Aiyub, Bostic, Bouchard, Burks, Chia, Chu, Eslampour, Feng, Hung, Katunatic, Leca, Minasyan, Pena, Rocchi, Spooner, Sykes & Tontiwattananan | See Coach Scarpelli |
| 1:53 | Boys 200 | Colwell, Durst, Garcia, Grant, Hwang, Ikegami, Moodie, Mujakovic, Ngo, Roe, Smith & Tran | |
| 2:51 | Boys 4x400 | Brown-Colwell-Durst-Ureta (Finau-Luu) | Hurdlers @ Girls 1600 Sprinters see Coach Scarpelli |

| Time | Event | Athlete(s) | Warm-up |
|-------------|-------------------|--|--------------------|
| 8:30 | Girls Long Jump | C. Haubert, K. Haubert, Katunatic, Mendiola, Nijjar & Tragesser | 8:00 |
| | Boys Long Jump | Guan, Moon, Rajan & Shaw | |
| 10:00 | Girls High Jump | Chia, C. Haubert, K. Haubert, Nijjar & Spooner | See Coach Matthews |
| 12:00 | Boys High Jump | Guan, Moon, Omo & Rajan | |
| 12:30 | Girls Triple Jump | Brandon, Chin, C. Haubert, K. Haubert, Mendiola, Nijjar & Tragesser | 12:00 |
| | Boys Triple Jump | Guan, Ikegami, Moon, Rajan & Shaw | |