

ALL ATHLETES NEED TO ARRIVE AT LEAST 2 HOURS PRIOR TO THEIR ESTIMATED RACE TIME. ALL ATHLETES NEED TO CHECK-IN AT LEAST 4 HOURS PRIOR TO THEIR EVENT. THERE WILL BE NO CALLS TO CHECK-IN – YOU MUST PAY ATTENTION TO WHAT EVENT IS HAPPENING!

<u>Time</u>	<u>Event</u>	<u>Athlete(s)</u>	<u>Warm-up</u>
12:20	<i>Girls 1600 Heat 1</i>	<i>Kakarla & Villanueva</i>	<i>11:30</i>
12:28	2		
12:35	3		
12:43	4		
12:50	5		
12:58	6		
1:05	7		
1:13	8	<i>Colwell</i>	<i>Girls 1600 Heat 1</i>
1:20	Boys 1600 Heat 1		
1:27	2	<i>Johal & Register</i>	<i>Girls 1600 Heat 3</i>
1:34	3	<i>Natt</i>	<i>Girls 1600 Heat 4</i>
1:41	4	<i>Rizvi</i>	<i>Girls 1600 Heat 5</i>
1:48	5	<i>Dang</i>	<i>Girls 1600 Heat 6</i>
1:55	6		
2:02	7		
2:09	8	<i>L. Warzyniak</i>	<i>Boys 1600 Heat 1</i>
2:16	9		
2:24	10		
2:31	11		
2:38	12	<i>Lu, Marimuthu & Schmidt</i>	<i>Boys 1600 Heat 5</i>
2:45	13		
2:52	14		
2:59	15		
3:06	16		
3:13	17		
3:20	<i>Girls 800 Heat 1</i>	<i>Marshall</i>	<i>Boys 1600 Heat 13</i>
3:24	2	<i>Dias & Nolan</i>	<i>Boys 1600 Heat 11</i>
3:28	3	<i>Bains</i>	<i>Boys 1600 Heat 14</i>
3:33	4	<i>Bruce, Gomez, Ngo & Patterson</i>	<i>Gomez & Ngo – Boys 1600 Heat 13</i> <i>Bruce & Patterson – Boys 1600 Heat 15</i>
3:37	5	<i>Bouri, Everts & Gurusiddaiah</i>	<i>Gurusiddaiah – Boys 1600 Heat 13</i> <i>Bouri & Everts – Boys 1600 Heat 16</i>
3:41	6		
3:45	7	<i>Poupich & Kelley</i>	<i>Boys 1600 Heat 17</i>
3:49	8	<i>Daquinag & Tran</i>	<i>Boys 1600 Heat 17</i>
3:53	9		
3:58	10		
4:02	11		
4:06	12		
4:10	Boys 800 Heat 1		
4:14	2	<i>Cheung</i>	<i>Girls 800 Heat 2</i>
4:18	3	<i>Singh & Yeshiwas</i>	<i>Girls 800 Heat 3</i>
4:22	4		
4:26	5		
4:30	6	<i>Morales</i>	<i>Girls 800 Heat 10</i>

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<u>Time</u>	<u>Event</u>	<u>Athlete(s)</u>	<u>Warm-up</u>
4:34	7	<i>An & Durflinger</i>	<i>Girls 800 Heat 7</i>
4:38	8	<i>Woo</i>	<i>Girls 800 Heat 8</i>
4:42	9	<i>Lee</i>	<i>Girls 800 Heat 9</i>
4:46	10		
4:50	11	<i>Durst</i>	<i>Girls 800 Heat 11</i>
4:55	12		
4:59	13		
5:03	14		
5:07	15	<i>Ainslie</i>	<i>Boys 800 Heat 3</i>
5:11	16		
5:15	17		
5:19	18		
5:23	19		
5:27	20	<i>Pryor</i>	<i>Boys 800 Heat 8</i>
5:31	21		
5:35	<i>Girls 3200 Heat 1</i>	<i>Veeragandham</i>	<i>Boys 800 Heat 10</i>
5:52	2		
6:08	3		
6:25	<i>Boys 3200 Heat 1</i>	<i>Hearne, Ronquillo, Sahota & Shahbaz</i>	<i>Girls 3200 Heat 1</i>
6:40	2	<i>Lyons & Z. Warzyniak</i>	<i>Girls 3200 Heat 2</i>
6:55	3		
7:10	4		
7:25	5		
7:40	6		
7:55	7		
8:10	8		
8:25	Girls Distance Medley Relay		
8:45	<i>Boys Distance Medley Relay</i>	<i>Ainslie & Achziger</i>	<i>Boys 3200 Heat 8</i>