

<u>Time</u>	<u>Event</u>	<u>Athlete(s)</u>	<u>Warm-up</u>
10:00	Girls 4x100 Heat 1		
...
10:06	4	A (Kelley-Tran-Bouri-Patterson)	9:35
10:08	5		
10:10	Boys 4x100 Heat 1	C (Forshey-Dorsett-Lee-Fong)	9:40
...
10:14	3	B (Egbujor-Camacho-Millinder-Jefferson)	9:40
10:15	4		
10:19	6	A (Trujillo-Egbujor-Leung-Jones)	9:45
10:21	Girls 400 Heat 1	Marshall	9:50
10:23	2		
10:25	3	Bains	9:55
10:27	4	Maghrbi	9:55
...
10:32	7	Bruce	10:00 or Girls 4x100 Heat 1
10:34	8		
10:36	9	Everts & Kelley	10:05 or Girls 4x100 Heat 4
...
10:42	12	Daquinag	10:10 or Boys 4x100 Heat 2
10:44	13	Poupich	10:10 or Boys 4x100 Heat 3
10:46	14	Leca	10:15 or Boys 4x100 Heat 4
10:48	15		
10:49	16	Beasley	10:15 or Boys 4x100 Heat 6
...
10:57	Boys 400 Heat 1	Morales	10:25 or Girls 400 Heat 4
10:59	2		
11:01	3	Parrish	10:30 or Girls 400 Heat 6
11:03	4		
11:05	5	Callahan	10:35 or Girls 400 Heat 8
11:06	6	Lucas	10:35 or Girls 400 Heat 9
11:08	7	Jefferson	10:35 or Girls 400 Heat 10
...
11:16	11	Lee	10:45 or Girls 400 Heat 14
...
11:46	27	Kless	11:15 or Boys 400 Heat 10
...
12:01	35	Achziger	11:30 or Boys 400 Heat 19
12:03	Girls 100 Heat 1	Bruce, Daquinag & Everts	11:30 or Boys 400 Heat 20
12:05	2	Leca	11:35 or Boys 400 Heat 21
12:07	3	Marshall & Mponte	11:35 or Boys 400 Heat 22
12:09	4	Maghrbi	11:35 or Boys 400 Heat 23
...
12:31	16	Bains	12:00 or Boys 400 Heat 35
...
12:48	25	Bouri & Patterson	12:15 or Girls 100 Heat 9
12:50	26		
12:52	27	Moon	12:20 or Girls 100 Heat 11
12:54	28		
12:56	29	Poupich & Tran	12:25 or Girls 100 Heat 13
12:58	30	Beasley, Kelley & Priestley	12:25 or Girls 100 Heat 14
...
1:03	33	Simmons	12:30 or Girls 100 Heat 17
...

1:09	Boys 100 Heat 1	Davis & Shaw	12:35 or Girls 100 Heat 20
1:11	2	Bennett, Callahan, Egbujor & Greenwell	12:40 or Girls 100 Heat 21
1:13	3	Morales, Parrish & Sahota	12:40 or Girls 100 Heat 22
...
1:24	9	Alhino & Yau	12:50 or Girls 100 Heat 28
1:26	10	Jusino	12:55 or Girls 100 Heat 29
1:28	11	Elazegui & Lucas	12:55 or Girls 100 Heat 30
...
1:36	15	Fong	1:05 or Girls 100 Heat 34
...
1:43	19	Forshey	1:10 or Boys 100 Heat 3
1:45	20	Jefferson	1:15 or Boys 100 Heat 4
...
1:53	24	Davis	1:20 or Boys 100 Heat 8
1:55	25	Camacho	1:25 or Boys 100 Heat 9
1:56	26	Dorsett	1:25 or Boys 100 Heat 10
1:58	27	Millinder	1:25 or Boys 100 Heat 11
...
2:08	32	Rudolph	1:35 or Boys 100 Heat 16
2:10	33		
2:12	34	Leung & Trujillo	1:40 or Boys 100 Heat 18
...
2:19	38	Egbujor & Jones	1:45 or Boys 100 Heat 22
2:21	Girls 300H Heat 1		
...
2:25	3	Mponte & Patterson	1:55 or Boys 100 Heat 25
2:27	4	Tran	1:55 or Boys 100 Heat 26
...
2:34	8	Moon & Priestley	2:00 or Boys 100 Heat 30
2:36	9		
2:38	Boys 300H Heat 1		
...
2:42	3	Dorsett & Egbujor	2:10 or Boys 100 Heat 34
2:44	4		
2:49	7	Kless	2:15 or Boys 100 Heat 38
2:51	8		
2:53	9	Davis	2:20 or Girls 300H Heat 2
2:55	10		
2:57	Girls 4x400 Heat 1		
3:03	2	C (Bruce-Bouri-Bains-Patterson [Mponte])	2:30 or Girls 300H Heat 7
3:09	3	B (Everts-Kelley-Simmons-Daquinag)	2:35 or Boys 300H Heat 1
3:14	4		
3:20	5	A (Poupich-Priestley-Tran-Beasley)	2:50 or Boys 300H Heat 7
3:26	Boys 4x400 Heat 1	C (Forshey-Millinder-Jefferson-Trujillo) D (Callahan-Egbujor-Parrish-Davis)	2:55 or Boys 300H Heat 10
3:32	2	B (Camacho-Fong-Lee-Dorsett)	3:00 or Girls 4x400 Heat 2
...
3:49	5	A (Davis-Kless-Egbujor-Jones)	3:15 or Girls 4x400 Heat 5

Warm-up is whichever comes FIRST. For example, Everts and Kelley will warm-up for the 400 at 10:05 or Girls 4x100 Heat 4, whichever comes FIRST. YOU MUST WARM-UP AND SHAKEDOWN BEFORE AND AFTER EVERY EVENT!