

Los Altos Track and Field Schedule of Events

1	4X100 Meter Relay	3:15	VG – VB – JVG - FSB
2	1600 Meters	3:20	VG – VB – JVG - FSB
3	Hurdles (110/65/100)	3:45	VB – FSB – VG - JVG
4	400 Meters	4:20	VG – VB – JVG - FSB
5	100 Meters	4:35	VG – VB – JVG - FSB
6	800 Meters	4:50	VG – VB – JVG - FSB
7	300 Meter Hurdles	5:10	JVG – FSB – VG – VB
8	200 Meters	5:30	VG – VB – JVG - FSB
9	3200 Meters	5:45	VG – VB – JVG – FSB
10	4X400 Relay	6:00	JVG – FSB – VG - VB

Field Events

Start times will be announced

High Jump	Shot Put	Discus	Long Jump	Triple Jump
JVG	VB	VG	VB	VG
VG	JVG	F/S	JVG	F/S
F/S	VG	VB	VG	VB
VB	F/S	JVG	F/S	JVG