

2019 Indoor National Championships

Updated 7/21/2019

Tuesday, July 30, 2019

7:00 AM Doors Open

7:30AM Regional Reps Meeting

8:00 AM All Skaters Registration

Practice for Elite Individual Event

8:30 AM Junior and Senior Women

8:40 AM Junior Men

8:50 AM Senior Men

9:00 AM Junior and Senior Women

9:10 AM Junior Men

9:20 AM Senior Men

9:30 AM **Speed Tabulators Seminar**

9:30 AM Classic and Grand Classic Women

9:40 AM Classic and Grand Classic Men

9:50 AM Sophomore Women

10:00 AM Classic and Grand Classic Women

10:10 AM Classic and Grand Classic Men

10:20 AM Sophomore Women

10:30 AM Master Men and Grand Master Men

10:40 AM Master Women Grand Master Women

10:50 AM Sophomore Men

11:00 AM Master Men and Grand Master Men

11:10 AM Master Women Grand Master Women

11:20 AM Sophomore Men

11:30 AM Veteran Women, Grand Veteran Women, Esquire Women, Grand Esquire Women, and Premier Women

11:40 AM Veteran Men and Grand Veteran Men

11:50 AM Freshman Girls

12:00 PM Veteran Women, Grand Veteran Women, Esquire Women, Grand Esquire Women, and Premier Women

12:10 PM Veteran Men and Grand Veteran Men

12:20 PM Freshman Girls

12:30 PM Esquire Men, Grand Esquire Men, and Premier Men

12:40 PM Freshman Boys

12:50 PM Elementary Girls

1:00 PM **Meet Directors Seminar**

1:00 PM Esquire Men, Grand Esquire Men, and Premier Men

1:10 PM Freshman Boys

1:20 PM Elementary Girls

1:30 PM Tiny Tot Girls and Tiny Tot Boys

1:40 PM Primary Girls and Primary Boys
 1:50 PM Elementary Boys
 2:00 PM Tiny Tot Girls and Tiny Tot Boys
 2:10 PM Primary Girls and Primary Boys
 2:20 PM Elementary Boys
 2:30 PM Juvenile Girls
 2:40 PM Juvenile Boys
 2:50 PM Juvenile Girls
 3:00 PM Juvenile Boys
 3:10 PM **Speed Coaches Meeting**
 3:40 PM **Speed Officials Meeting**
 5:00 PM **Hall of Fame & Honors Reception**
 7:00 PM **NSC Time**

2019 Indoor National Championships

Wednesday July 31st, 2019

7:30AM Doors Open

Elite Middle Distance

8:00AM

Senior Men	1500M	3 Hts.
Junior Men	1000M	4 Hts.

8:35AM

Soph. Men	1000M	4 Hts.
Soph. Lds.	1000M	4 Hts.

9:10AM

Senior Ladies	1000M	2 Semis
Junior Ladies	1000M	2 Semis
Classic Men	1000M	2 Semis
Gr. Classic Men	1000M	2 Semis

9:40AM

Senior Men	1500M	2 Semis
Junior Men	1000M	2 Semis

10:00AM

Sophomore Men	1000M	2 Semis
Sophomore Ladies	1000M	2 Semis

10:20AM

Freshman Girls	500M	5 Hts.
Elementary Boys	500M	5 Hts.
Juvenile Boys	300M	5 Hts.

10:50AM

Freshman Boys	500M	4 Hts.
Elementary Girls	500M	4 Hts.
Juvenile Girls	300M	4 Hts.

11:15AM

Freshman Girls	500M	3 Qtrs
Elementary Boys	500M	3 Qtrs
Juvenile Boys	300M	3 Qtrs

11:35AM

Primary Girls	300M	3 Hts.
Primary Boys	300M	3 Hts.
Master Men	1000M	3 Hts.

11:50AM

Gr. Master Men	1000M	3 Hts.
Veteran Men	700M	3 Hts.
Gr, Veteran Men	700M	3 Hts.

12:15PM

Freshman Boys	500M	2 Semis
Elementary Girls	500M	2 Semis
Juvenile Girls	300M	2 Semis

12:25PM

Primary Girls	300M	2 Semis
Primary Boys	300M	2 Semis
T.T. Girls	200M	2 Semis
T.T. Boys	200M	2 Semis

12:45PM

Freshman Girls	500M	2 Semis
Elementary Boys	500M	2 Semis
Juvenile Boys	300M	2 Semis

1:00PM

Master Men	1000M	2 Semis
Master Ladies	700M	2 Semis
Gr. Mast. Men	1000M	2 Semis

1:15PM

Veteran Men	700M	2 Semis
Gr. Veteran Men	700M	2 Semis
Esquire Men	700M	2 Semis.

Clear Building

5:00PM Doors Open

Middle Distance Finals

5:30PM

TT Girls	200M	Final
TT Boys	200M	Final
Primary Girls	300M	Final
Primary Boys	300M	Final
Juvenile Girls	300M	Final
Juvenile Boys	300M	Final

5:45PM

Elementary Girls	500M	Final
Elementary Boys	500M	Final
Freshman Girls	500M	Final
Freshman Boys	500M	Final

6:00 AWARDS

6:30pm

Master Ladies	700M	Final
Master Men	1000M	Final
Gr. Master Ladies	700M	Final
Gr. Master Men	1000M	Final

6:50PM

Veteran Ladies	700M	Final
Veteran Men	700M	Final
Gr. Veteran Ladies	700M	Final
Gr. Veteran Men	700M	Final

7:05PM

Esquire Ladies	700M	Final
Esquire Men	700M	Final
Gr. Esquire Ladies	700M	Final
Gr. Esquire Men	700M	Final
Premier Ladies	700M	Final
Premier Men	700M	Final

7:30PM

Classic Ladies	1000M	Final
Classic Men	1000M	Final
Gr. Classic Ladies	1000M	Final
Gr. Classic Men	1000M	Final

7:50PM

Sophomore Ladies	1000M	Final
Sophomore Men	1000M	Final
Junior Ladies	1000M	Final
Junior Men	1000M	Final

8:15PM

Senior Ladies	1000M	Final
Senior Men	1500M	Final

8:30PM AWARDS**Clear Building****Thursday August 1st, 2019****8:00AM Doors Open****Short Distance Heats and Semis****8:30AM**

Freshman Girls	300M	5 Hts.
Elementary Boys	300M	5 Hts
Juvenile Boys	200M	5 Hts.

8:50AM

Freshman Boys	300M	4 Hts.
Elementary Girls	300M	4 Hts.
Juvenile Girls	200M	4 Hts.

9:10AM

Freshman Girls	300M	3 Qtrs
Elementary Boys	300M	3 Qtrs
Juvenile Boys	200M	3 Qtrs

9:20AM

Primary Girls	200M	3 Hts.
Primary Boys	200M	3 Hts.
Master Men	500M	3 Hts.

9:30AM

Gr. Master Men	500M	3 Hts.
Veteran Men	500M	3 Hts.
Gr. Veteran Men	500M	3 Hts.

9:50AM

Freshman Boys	300M	2 Semis
Elementary Girls	300M	2 Semis
Juvenile Girls	200M	2 Semis

10:00AM

Primary Girls	200M	2 Semis
Primary Boys	200M	2 Semis
T.T. Girls	100M	2 Semis
T.T. Boys	100M	2 Semis

10:10AM

Freshman Girls	300M	2 Semis
Elementary Boys	300M	2 Semis
Juvenile Boys	200M	2 Semis

10:20AM

Master Men	500M	2 Semis
Mast. Ladies	500M	2 Semis
Gr. Master Men	500M	2 Semis

10:35AM

Veteran Men	500M	2 Semis
Gr. Veteran Men	500M	2 Semis
Esquire Men	500M	2 Semis

10:50AM

Senior Men	500M	3 Hts.
Junior Men	500M	4 Hts

11:00AM

Sophomore Men	500M	4 Hts.
Sophomore Ladies	500M	4 Hts.

11:25AM

Senior Ladies	500M	2 Semis
Junior Ladies	500M	2 Semis
Classic Men	500M	2 Semis
Gr. Classic Men	500M	2 Semis

11:00AM

Senior Men	500M	2 Semis
Junior Men	500M	2 Semis
Sophomore Men	500M	2 Semis
Sophomore Ladies	500M	2 Semis

LONG DISTANCE HEATS ONLY**12:00PM**

Primary Girls	400M	3 Hts.
Primary Boys	400M	3 Hts.
Juvenile Girls	500M	4Hts.
Juvenile Boys	500M	5 Hts.

12:30PM

Elementary Girls	700M	4 Hts.
Elementary Boys	700M	5 Hts.

1:00PM

Freshman Girls	1000M	5 Hts
Freshman Boys	1000M	4 Hts

1:40PM

Master Men	1500M	3 Hts.
Gr. Master Men	1500M	3 Hts.

2:15PM

Veteran Men	1000M	3 Hts.
Gr. Veteran Men	1000M	3 Hts.

2:45PM

Sophomore Ladies	1500M	4 Hts.
Sophomore Men	1500M	4 Hts.

3:30PM

Junior Men	2000M	4 Hts.
Senior Men	3000M	3 Hts.

CLEAR BUILDING**6:00PM Doors Open****6:15PM Opening Ceremonies****Elite Short Distance Finals (Sprint Night)****6:45PM**

TT. Girls	100M	Final
TT. Boys	100M	Final
Primary Girls	200M	Final
Primary Boys	200M	Final
Juvenile Girls	200M	Final
Juvenile Boys	200M	Final

7:00PM

Elementary Girls	300M	Final
Elementary Boys	300M	Final
Freshman Girls	300M	Final
Freshman Boys	300M	Final

7:15pm**Awards****7:45PM**

Master Ladies	500M	Final
Master Men	500M	Final
Gr. Master Ladies	500M	Final
Gr. Master Men	500M	Final

8:00PM

Veteran Ladies	500M	Final
Veteran Men	500M	Final
Gr. Veteran Ladies	500M	Final
Gr. Veteran Men	500M	Final

8:15PM

Esquire Ladies	500M	Final
Esquire Men	500M	Final
Gr. Esquire Ladies	500M	Final
Gr. Esquire Men	500M	Final
Premier Ladies	500M	Final
Premier Men	500M	Final

8:30PM

Classic Ladies	500M	Final
Classic Men	500M	Final
Gr. Classic Ladies	500M	Final
Gr. Classic Men	500M	Final

8:45PM

Sophomore Ladies	500M	Final
Sophomore Men	500M	Final
Junior Ladies	500M	Final
Junior Men	500M	Final

9:00PM

Senior Ladies	500M	Final
Senior Men	500M	Final

Awards

Clear Building

Friday August 2, 2019

7:00 AM Doors Open

Practice for all 2, 3 & 4 Person Relays

Skaters may practice with their partners if division is not listed.

7:30AM Primary Boys and Girls
7:45AM Elementary Boys and Girls
8:15AM Sophomore Men and Ladies
8:45AM Senior Men and Ladies
9:15AM Classic and Master Men and Ladies
9:45AM Veteran and Esquire Men and Ladies

10:00AM CLEAR BUILDING

Elite Long Distance Quarters and Semis

10:30AM Doors Open

11:00AM

Freshman Ladies	1000M	3 Qtrs
Elementary Boys	700M	3 Qtrs
Juvenile Boys	500M	3 Qtrs

11:30AM

TT. Girls	300M	2 Semis
T.T. Boys	300M	2 Semis
Primary Girls	400M	2 Semis
Primary Boys	400M	2 Semis

11:45AM

Juvenile Girls	500M	2 Semis
Elementary Girls	700M	2 Semis
Freshman Boys	1000M	2 Semis

12:00PM

Master Men	1500M	2 Semis
Gr. Master Men	1500M	2 Semis
Master Ladies	1000M	2 Semis

12:30PM

Veteran Men	1000M	2 Semis
Gr. Veteran Men	1000M	2 Semis
Esquire Men	1000M	2 Semis

1:00PM

Freshman Girls	1000M	2 Semis
Elementary Boys	700M	2 Semis
Juvenile Boys	500M	2 Semis

1:20PM

Classic Men	2000M	2 Semis
Gr. Classic Men	2000M	2 Semis
Sophomore Ladies	1500M	2 Semis
Sophomore Men	1500M	2 Semis

2:15PM

Junior Ladies	1500M	2 Semis
Junior Men	2000M	2 Semis

2:45PM

Senior Ladies	2000M	2 Semis
Senior Men	3000M	2 Semis

CLEAR BUILDING**5:00PM DOORS OPEN
ELITE LONG DISTANCE FINALS****5:30PM**

T.T. Girls	300M	Final
T.T. Boys	300M	Final
Primary Girls	400M	Final
Primary Boys	400M	Final
Juvenile Girls	500M	Final
Juvenile Boys	500M	Final

5:45PM

Elementary Girls	700M	Final
Elementary Boys	700M	Final
Freshman Girls	1000M	Final
Freshman Boys	1000M	Final

AWARDS

6:45PM

Master Ladies	1000M	Final
Master Men	1500M	Final
Gr. Master Ladies	1000M	Final
Gr. Master Men	1500M	Final

7:10PM

Veteran Ladies	1000M	Final
Veteran Men	1000M	Final
Gr. Veteran Ladies	1000M	Final
Gr. Veteran Men	1000M	Final

7:30PM

Esquire Ladies	1000M	Final
Esquire Men	1000M	Final
Gr. Esquire Ladies	1000M	Final
Gr. Esquire Men	1000M	Final
Premier Ladies	1000M	Final
Premier Men	1000M	Final

7:50PM

Classic Ladies	1500M	Final
Classic Men	2000M	Final
Gr. Classic Ladies	1500M	Final
Gr. Classic Men	2000M	Final

8:30PM

Sophomore Ladies	1500M	Final
Sophomore Men	1500M	Final
Junior Ladies	1500M	Final
Junior Men	2000M	Final

9:00PM

Senior Ladies	2000M	Final
Senior Men	3000M	Final

AWARDS

SATURDAY AUGUST 3rd, 2019

6:00 AM Doors Open

2 PERSON RELAY HEATS

6:30 AM

Senior 2 Man 5000M 4 Hts

7:50 AM

Sophomore 2 Lady 2000M 4 Hts.

Sophomore 2 Man 3000M 3 Hts.

9:00 AM

Elementary 2 Girl 2000m 4 Hts

Elementary 2 Boy 2000m 4 Hts

10:00 AM

Senior 2 Mixed 3000M 4 Hts.

10:45 AM

Sophomore 2 Mixed 3000M 4 Hts.

Elementary 2 Mixed 2000M 4 Hts.

2 PERSON RELAY SEMIS

12:00 PM

Senior 2 Lady 2000M 2 Semis

Classic 2 Man 3000M 2 Semis

Master 2 Lady 2000M 2 Semis

Master 2 Man 2000M 2 Semis

1:25 PM

Veteran 2 Man 2000M 2 Semis

Esquire 2 Man 2000M 2 Semis

Senior 2 Man 5000M 2 Semis

2:10 PM

Sophomore 2 Lady 2000M 2 Semis

Sophomore 2 Man 3000M 2 Semis

2:55PM

Elementary 2 Girl 2000M 2 Semis

Elementary 2 Boy 2000M 2 Semis

3:35PM

Classic 2 Mixed 2000M 2 Semis

Master 2 Mixed 2000M 2 Semis

Veteran 2 Mixed 2000M 2 Semis

4:00PM

Senior 2 Mixed 3000M 2 Semis

Sophomore 2 Mixed 3000M 2 Semis

Elementary 2 Mixed

2000M

2 Semis

2 PERSON RELAY FINALS

6:00PM DOORS OPEN

6:30 PM

Primary 2 Mixed	1200M	Final
Elementary 2 Mixed	2000M	Final
Classic 2 Mixed	2000M	Final

6:55 PM

Master 2 Mixed	2000M	Final
Veteran 2 Mixed	2000M	Final
Esquire 2 Mixed	2000M	Final

7:25 PM

Sophomore 2 Mixed	3000M	Final
Senior 2 Mixed	3000M	Final

7:50 PM

Primary 2 Girl	1200M	Final
Primary 2 Boy	1200M	Final
Elementary 2 Girl	2000M	Final
Elementary 2 Boy	2000M	Final

8:30 PM AWARDS

9:00 PM

Classic 2 Lady	2000M	Final
Classic 2 Man	3000M	Final
Master 2 Lady	2000M	Final
Master 2 Man	2000M	Final

9:40 PM

Veteran 2 Lady	2000M	Final
Veteran 2 Man	2000M	Final
Esquire 2 Man	2000M	Final

10:10PM

Sophomore 2 Lady	2000M	Final
Sophomore 2 Man	3000M	Final

10:30 PM

Senior 2 Lady	3000m	Final
Senior 2 Man	5000m	Final

AWARDS

Clear Building

SUNDAY AUGUST 4th, 2019

5:00 AM Doors Open

5:30 to 6:30 OPEN Practice for ALL 3 and 4 Person Relays

6:30AM

Senior 4 Mixed	4000M	3 Hts
Master 4 Man	2000M	3 Hts.
Freshman 4 Mixed	2000M	3 Hts.

8:00AM

Juvenile 4 Mixed	1200M	2 Semis
Senior 4 Man	4000M	2 Semis
Senior 4 Lady	4000M	2 Semis

9:15AM

Master 4 Mixed	2000M	2 Semis
Freshman 4 Boy	2000M	2 Semis.
Freshman 4 Girl	2000M	2 Semis

9:45AM

Senior 4 Mixed	4000M	2 Semis
Master 4 Man	2000M	2 Semis
Freshman 4 Mixed	2000M	2 Semis

10:45AM

Juvenile 4 Mixed	1200M	Final
Freshman 4 Mixed	2000M	Final
Master 4 Mixed	2000M	Final
Senior 4 Mixed	4000M	Final

11:30AM

Juvenile 4 Girl	1200M	Final
Juvenile 4 Boy	1200M	Final
Freshman 4 Girl	2000M	Final
Freshman 4 Boy	2000M	Final

12:10PM

Master 4 Lady	2000M	Final
Master 4 Man	2000M	Final
Senior 4 Lady	4000M	Final
Senior 4 Man	4000M	Final

1:00PM

AWARDS FOR 4 PERSON RELAYS

1:30PM

Juvenile 3 Person	1200M	4 Hts.
Freshman 3 Boy	2100M	3 Hts.
Freshman 3 Girl	2100M	3 Hts.
Master 3 Man	3000M	4 Hts.
3:15PM		
Senior 3 Man	4500M	4 Hts.
Senior 3 Lady	3000M	3 Hts.
4:30PM		
Freshman 3 Mixed	2100M	4 Hts.
Master 3 Mixed	3000M	4 Hts.
Senior 3 Mixed	3000M	4 Hts.
6:30PM		
Juvenile 3 Person	1200M	2 Semis
Freshman 3 Boy	2100M	2 Semis.
Freshman 3 Girl	2100M	2 Semis
Master 3 Man	3000M	2 Semis
7:30PM		
Veteran 3 Man	2100M	2 Semis
Senior 3 Lady	3000M	2 Semis
Senior 3 Man	4500M	2 Semis
8:45PM		
Freshman3 Mixed	2100M	2 Semis
Master 3 Mixed	3000M	2 Semis
Veteran 3 Mixed	2100M	2 Semis
Senior 3 Mixed	3000M	2 Semis
10:00PM		
Juvenile 3 Person	1200M	Final
Freshman 3 Boy	2100M	Final
Freshman 3 Girl	2100M	Final
10:30PM		
Master 3 Lady	3000M	Final
Master 3 Man	3000M	Final
Veteran 3 Lady	2100M	Final
Veteran 3 Man	2100M	Final
11:15PM		
Senior 3 Lady	3000M	Final
Senior 3 Man	4500M	Final
11:55PM		
Freshman 3 Mixed	2100M	Final
Master 3 Mixed	3000M	Final
Veteran 3 Mixed	2100M	Final
Senior 3 Mixed	3000M	Final

AWARDS FOR ALL 3 PERSON RELAYS.

Monday August 5th

5:30 AM Doors Open

6:00AM to 8:30am Open Practice Quad Division Events

Quad Middle Distance Heats/Semis

9:00AM

Freshman Girls	500M	3 Hts.
Master Ladies	700M	2 Hts.
Master Men	700M	2 Hts.
Veteran Men	500M	2 Hts.
Esquire Men	500M	2 Hts.
Premier Men	500M	2 Hts.

9:30AM

Primary Girls	300M	2 Hts.
Elementary Boys	500M	2 Hts.
Freshman Boys	500M	2 Hts.
Freshman Girls	500M	2 Semis

9:45AM

Junior Ladies	1000M	2 Hts.
Junior Men	1000M	2 Hts.
Senior Men	1500M	2 Hts.

Quad Middle Distance Finals

10:15AM

Classic Ladies	1000M	Final
Classic Men	1000M	Final
Master Ladies	700M	Final
Master Men	700M	Final
Veteran Ladies	500M	Final
Veteran Men	500M	Final
Esquire Ladies	500M	Final
Esquire Men	500M	Final
Premier Ladies	500M	Final
Premier Men	500M	Final

10:45AM

Primary Girls	300M	Final
Primary Boys	300M	Final
Elementary Girls	500M	Final
Elementary Boys	500M	Final
Freshman Girls	500M	Final
Freshman Boys	500M	Final

11:00AM

Junior Ladies	1000M	Final
Junior Men	1000M	Final
Senior Ladies	1000M	Final
Senior Men	1500M	Final

Quad Short Distance Heats/Semis

11:30AM

Freshman Girls	300M	3 Hts
Master Ladies	300M	2 Hts.
Master Men	300M	2 Hts.
Veteran Men	300M	2 Hts.
Esquire Men	300M	2 Hts.
Premier Men	300M	2 Hts.

11:45AM

Primary Girls	200M	2 Hts.
Elementary Boys	300M	2 Hts.
Freshman Boys	300M	2 Hts.
Freshman Girls	300M	2 Semis

12:00PM

Junior Ladies	500M	2 Hts.
Junior Men	500M	2 Hts.
Senior Men	1000M	2 Hts.

Quad Short Distance Finals

12:20PM

Classic Ladies	500M	Final
Classic Men	500M	Final
Master Ladies	300M	Final
Master Men	300M	Final
Veteran Ladies	300M	Final
Veteran Men	300M	Final
Esquire Ladies	300M	Final
Esquire Men	300M	Final
Premier Ladies	300M	Final
Premier Men	300M	Final

12:40PM

Primary Girls	200M	Final
Primary Boys	200M	Final
Elementary Girls	300M	Final
Elementary Boys	300M	Final
Freshman Girls	300M	Final
Freshman Boys	300M	Final

1:00PM

Junior Ladies	500M	Final
Junior Men	500M	Final
Senior Ladies	500M	Final
Senior Men	1000M	Final

Quad Long Distance Heats/Semis**1:30PM**

Freshman Girls	1000M	3 Hts.
Master Ladies	1000M	2 Hts.
Master Men	1000M	2 Hts.
Veteran Men	700M	2 Hts.
Esquire Men	700M	2 Hts.
Premier Men	700M	2 Hts.

2:15PM

Primary Girls	400M	2 Hts.
Elementary Boys	700M	2 Hts.
Freshman Boys	1000M	2 Hts.
Freshman Girls	1000M	2 Hts.

2:45PM

Junior Ladies	1500M	2 Hts.
Junior Men	1500M	2 Hts.
Senior Men	3000M	2 Hts.

4:00PM Clear Building**6:30PM Doors Open****Quad Long Distance Finals****7:00PM**

Classic Ladies	2000M	Final
Classic Men	2000M	Final
Master Ladies	1000M	Final
Master Men	1000M	Final

7:30PM

Veteran Ladies	1000M	Final
Veteran Men	1000M	Final
Esquire Ladies	1000M	Final
Esquire Men	1000M	Final
Premier Ladies	1000M	Final
Premier Men	1000M	Final

7:45PM

Primary Girls	400M	Final
Primary Boys	400M	Final
Elementary Girls	700M	Final
Elementary Boys	700M	Final
Freshman Girls	1000M	Final
Freshman Boys	1000M	Final

8:10PM

Junior Ladies	1500M	Final
Junior Men	1500M	Final
Senior Ladies	2000M	Final
Senior Men	3000M	Final

8:45PM

AWARDS

Tuesday August 6th, 2019

**6:00AM Doors Open
Open Practice for All Quad Relays**

Quad Relay Events

8:00AM

Classic 2 Mixed	2000M	2 Hts.
Senior 2 Mixed	3000M	2 Hts.

8:45AM

Master 2 Mixed	2000M	Final
Veteran 2 Mixed	2000M	Final
Esquire 2 Mixed	2000M	Final
Juvenile 2 Mixed	1200M	Final
Freshman 2 Mixed	2000M	Final

9:15AM

Classic 2 Mixed	2000M	Final
Senior 2 Mixed	3000M	Final

10:00AM AWARDS FOR 2 MIXED RELAYS

10:30AM

Senior 2 Lady	3000M	2 Hts.
Senior 2 Man	5000M	2 Hts.

11:45AM

Classic 2 Lady	2000M	Final
Classic 2 Man	2000M	Final
Master 2 Lady	2000M	Final
Master 2 Man	2000M	Final
Veteran 2 Lady	2000M	Final
Veteran 2 Man	2000M	Final

Esquire 2 Lady	2000M	Final
Esquire 2 Man	2000M	Final

12:30PM

Juvenile 2 Girl	1200M	Final
Juvenile 2 Boy	1200M	Final
Freshman 2 Girl	2000M	Final
Freshman 2 Boy	2000M	Final
Senior 2 Lady	3000M	Final
Senior 2 Man	5000M	Final

1:30PM AWARDS FOR 2 PERSON RELAYS

QUAD 3 PERSON RELAYS

2:00

FRESHMAN 3 GIRL	1200M	Final
FRESHMAN 3 BOY	1200M	Final
MASTER 3 LADY	1500M	Final
MASTER 3 MAN	1500M	Final
SENIOR 3 LADY	3000M	Final
SENIOR 3 MAN	3000M	Final

3:00PM AWARDS