

## **NCS REDWOOD PRELIMINARY SCHEDULE**

*(heat assignments are best estimates, actual heat and lane assignments will be updated on Wednesday)*

**All event competitors should report 30 minutes before scheduled start time.**

### FIELD EVENTS

9:00 am Girls Discus at Santa Rosa HS: **Rachel**

11:45 am Girls Shot Put at SRJC: **Rachel, Mallory**; Girls High Jump: **Aubrey P**

### RUNNING EVENTS:

10:00 a.m. Girls 4 x 100 Relay: **Brookelyn, Aubrey V, Malia, Ava Z (alternates: Ava S, Ali Brown) (heat 2)**

10:12 a.m. Boys 4 x 100 Relay: **AJ, Zaccur, Marco, Domenic (alternates: CJ, Ethan, Elijah) (heat 3)**

10:24 a.m. Girls 1600: **Audrey, Emma, Emily (heat 1)**

10:40 a.m. Boys 1600: **Michael, Corbin (heat 2)**

11:23 a.m. Girls 400: **Darla (heat 1), Annaleigh (heat 2)**

11:35 a.m. Boys 400: **Ian, Ethan (heat 2), Marco, Domenic (heat 3)**

12:10 p.m. Girls 100: **Ava Z (heat 2)**

1:10 p.m. Boys 300 Hurdles: **James (heat 1), Jordan (heat 2)**

1:22 p.m. Girls 200: **Ava Z (heat 2)**

1:34 p.m. Boys 200: **Domenic (heat 1)**

1:46 p.m. Girls 4x800 Relay: **Annaleigh, Audrey, Emma, Emily (alternate: Darla)**

2:02 p.m. Boys 4x800 Relay: **Omar, Kye, Gavin, Diego**

2:30 p.m. Boys 3200: **Arath, Michael, Xavier, Corbin**

2:42 p.m. Girls 4 x 400 Relay: **Aubrey V, Ava Z, Darla, Annaleigh (alternates: Emily, Emma, Audrey, Ali) (heat 3)**

3:14 p.m. Boys 4 x 400 Relay: **Domenic, Ethan, Ian, Marco (alternates: Zaccur, Elijah) (heat 3)**