

NBL Trials								
Running Events	Wednesday	Trials						
100/110H	VB 4:00	JVB NT	JVG NT	VG 4:20				
400m	JVG NT	JVB 4:40	VG 4:50	VB 5:00				
100m	JVG 5:20	JVB 5:35	VG 5:50	VB 6:00				
300mh	JVG NT	VG 6:20	JVB NT	VB 6:30				
200m	JVG 6:40	JVB 6:55	VG 7:15	VB 7:30				
Field Events	Wednesday	Trials						
Pole Vault*	JVG FINALS	3:00	JVB FINALS	Immediately after JV				
High Jump	JVBNT	JVG NT	VG 5:00	VB 6:00				
Long Jump	JVG 3:00	VG 4:00	VB 5:00	JVG 6:00				
Triple Jump	JVB 3:00	VB 4:00	JVG 5:00	VG 6:00				
Shot Put	JVG 3:00	JVB 4:00	VG 5:00	VB 6:00				
Discus	VG 3:00	VB 4:00	JVG 5:00	JVB 6:00				
First call for each event will be 30 minutes prior to the event.								
Final call will be 20 minutes prior to the event anyone not checked in by final call will be scratched								
*JV Pole Vaulters on Wednesday. Varsity Pole Vault finals on Friday. As soon as the high jump reaches 8 jumpers the trials cease. Those 8 go to the finals on Friday. Marks from the trials do not carry over to								
the Finals on Friday								
NBL Finals								
Friday Finals								
<i>Runing Events</i>								
4x100mR	JVG 5:00	JVB 5:04	VG 5:08	VB 5:12				
1600m	JVG 5:16	JVB 5:32	VG 5:48	VB 5:56				
110/100h	VB 6:03	JVB 6:07	JVG 6:13	VG 6:17				
400	JVG 6:23	JVB 6:27	VG 6:31	VB 6:35				
100m	JVG 6:39	JVB 6:43	VG 6:47	VB 6:51				
800m	JVG 6:55	JVB 7:05	VG 7:15	VB 7:21				
300h	JVG 7:26	VG 7:30	JVB 7:34	VB 7:38				
200m	JVG 7:43	JVB 7:47	VG 7:51	VB 7:55				
3200	JVG 8:00	JVB 8:00	VG 8:32	VB 8:47				
4x400m R	JVG 9:02	JVB 9:09	VG 9:16	VB 9:23				

<i>Field Events</i>								
Shot Put		JVG 3:00	JVB 4:15	VG 5:30	VB 6:45			
Discus		VG 3:00	VB 4:15	JVG 5:30	JVB 6:45			
Pole Vault		VG 3:00	VB 5:00					
Long Jump		JVG 3:00	VG 4:15	JVB 5:30	VB 6:45			
Triple Jump		JVB 3:00	VB 4:15	JVG 5:30	VG 6:45			
High Jump		VB 3:00	JVB 4:15	VG 5:30	JVG 6:45			
In the Long Jump, Triple Jump, Shot Put, and Discus each finalist will have 3 attempts								
The top 7 will then be given an additional 3 attempts.								