



Friday, February 22, 2019		
9:15 a.m. – 11:30 a.m.	Competition	Sovereign Lake
11:30 a.m. – 12:30 p.m.	Lunch	
12:30 p.m. – 4:00 p.m.	Competition	
Saturday, February 23, 2019		
9:15 a.m. – 11:15 a.m.	Competition	
11:15 a.m. – 12:30 p.m.	Lunch	
12:30 p.m. – 2:00 p.m.	Competition	
2:00 p.m.	Awards	Sovereign Lake

PLEASE NOTE: These schedules may change at any time due to issues beyond our control.

FRIDAY SCHEDULE	SATURDAY SCHEDULE
800 m Final**	1600 m Final**
100 m Divisioning	100 m Final
200 m Divisioning	200 m Final
400 m Divisioning	400 m Final
5 km Final**	
4 X 100 relay (time permitting)	

****PLEASE NOTE: FOR THE 800 M, 1600 M and 5 KM, RESULTS WILL NOT BE FINAL UNTIL DIVISIONING IS DONE AFTER THE RACE.**