

SATURDAY, JUNE 16

TRACK EVENTS - 9:00 AM

1500 Meter Walk	(Finals)
3000 Meter Walk	(Finals)
3000 Meter Run	(Finals)
Hurdles - 80 Meters (8 - 30")	(Trials)
100 Meters (10 - 30")	(Trials)
100 Meters (10 - 33")	(Trials)
100 Meters (10 - 33")	(Trials)
110 Meters (10 - 39")	(Trials)
100 Meter Dash	(Trials)

ELIGIBLE PARTICIPANTS:

9-10, 11-12 (Girls & Boys)
13-14, 15-16, 17-18 (Girls & Boys)
11-12, 13-14, 15-16, 17-18 (Girls & Boys)
11-12 (Girls & Boys)
13-14 (Girls)
13-14 (Boys)
15-16, 17-18 (Girls)
15-16, 17-18 (Boys)
All (Girls & Boys)

OFFICIAL BREAK - FUN RUN

200 Meter Dash	(Trials)	All (Girls & Boys)
100 Meter Dash	(Semi-Finals)	9-10, 11-12, 13-14 (Girls & Boys)
100 Meter Dash (if needed)	(Semi-Finals)	15-16, 17-8 (Girls & Boys)
800 Meter Run	(Finals)	All (Girls & Boys)
4 X 100 Meter Relay	(Finals)	All (Girls & Boys)
2000 Meter Steeplechase	(Finals)	15-16, 17-18 (Girls & Boys)

FIELD EVENTS

Long Jump **8:30 AM**

High Jump **9:00 AM**

Turbo/Aero Javelin **8:30 AM**

Shot Put **app 9:30 AM following mini jav**

Discus **app 9:30 AM following mini jav**

Javelin **following discus**

ORDER OF COMPETITION:

13-14, 11-12, 9-10, 8-under Girls (Pit 1)
8-under, 9-10, 11-12, 13-14 Boys (Pit 2)
9-10, 11-12 (Girls), 9-10, 11-12 (Boys), 13-14 (Girls), 13-14 (Boys),
15-16, 17-18 (Girls), 15-16, 17-18 (Boys)
8-under, 9-10, 11-12 (Girls), 11-12, 9-10, 8-under (Boys)
8-under, 9-10, 11-12, 13-14 (Girls), 8-under, 9-10, 11-12, 13-14 (Boys)
11-12, 13-14 (Boys), 11-12, 13-14 (Girls)
13-14 (Girls), 13-14 (Boys)

SUNDAY, JUNE 17

TRACK EVENTS - 9:00 AM

3000 Meter Walk	
4 X 800 Meter Relay	(Finals)
800 Meter Run	
Hurdles - 80 Meters (8 - 30")	(Finals)
100 Meters (10 - 30")	(Finals)
100 Meters (10 - 33")	(Trials)
100 Meters (10 - 33")	(Trials)
110 Meters (10 - 39")	(Trials)
100 Meter Dash	
100 Meter Dash	(Finals)
3000 Meter Run	
200 Meter Hurdles (5 - 30")	(Finals)
300 Meter Hurdles	
400 Meter Hurdles	
Hurdles - 400 Meter (10 - 30")	(Finals)
400 Meter (10 - 36")	(Finals)
200 Meter Dash	
200 Meter Dash	(Finals)

ELIGIBLE PARTICIPANTS:

Masters
11-12, 13-14, 15-16, 17-18 (Girls & Boys)
Open/Masters
11-12 (Girls & Boys)
13-14 (Girls)
13-14 (Boys)
15-16, 17-18 (Girls)
15-16, 17-18 (Boys)
Open/Masters
All (Girls & Boys)
Open/Masters
13-14 (Girls & Boys)
Open/Masters
Open/Masters
15-16, 17-18 (Girls)
15-16, 17-18 (Boys)
Open/Masters
All (Girls & Boys)

Open and Masters Hurdles will be mixed in at appropriate distance/height and will run before youth respectively

OFFICIAL BREAK - FUN RUN

400 Meter Dash		Open/Masters
400 Meter Dash	(Finals)	All (Girls & Boys)
1500 Meter Run		Open/Masters
1500 Meter Run	(Finals)	All (Girls & Boys)
4 X 400 Meter Relay	(Finals)	All (Girls & Boys)
2000 Steeplechase		Open/Masters

FIELD EVENTS

Long Jump **8:30 AM**

Pole Vault **9:30 AM**

Long Jump **9:00 AM**

**Triple Jump (after Long Jump)

Throws - Youth

Hammer Throw	8:30 AM
Shot Put	(follows Hammer Throw)
Discus	(follows Shot Put)
Javelin	(follows Discus)

Throws - Open Masters

Javelin	9:00 AM		
Shot Put	(follows Javelin)	Hammer Throw	(follows Discus)
Discus	(follows Shot Put)	Weight Throw	(follows Hammer Throw)
			Super Weight (follows Weight)

** all Open/Masters throws 6 throws, no finals.

ORDER OF COMPETITION:

15-16, 17-18 (Girls), 15-16, 17-18 (Boys), Open/Masters
13-14, 15-16, 17-18, open/Masters (Female, Male – all together)
Open/Masters
13-14, 15-16, 17-18 (Girls), 13-14, 15-16, 17-18 (Boys), Open/Masters