

FLYING AJ'S AND X-TREME SPEED TWILIGHT MEET

Schedule of Events June 4, 2011

| Time | Event | Age Group |
|----------------|--------------------|--------------------------------------|
| 3:00 PM | Hurdles | Mid-youth |
| 3:30 | 3000 | Midgets and up |
| 4:00 | 100M | All Ages |
| 5:45 | 50m | Mini only |
| 6:15 | 400H | Intermediate & Young Only |
| 6:45 | 100m finals | Bantams and up |
| 7:15 | 400m | Sub-Bantam & up |
| 8:00 | 4x100M | Sub-Bantams & up |
| 8:30 | 800m | Sub-Bantams & up |
| 9:15 | 200M | Sub-Bantams & up |
| 9:45 | 4x400 | Sub-Bantam & up |

ALL EVENTS ARE TIME FINALS EXCEPT THE 100 METERS FOR BANTAMS AND UP

FIELD EVENTS

| <u>EVENT</u> | <u>TIME</u> | <u>AGE GROUP</u> |
|---------------------|--------------------|---|
| Long Jump | 2:30-3:30 | Mini- bantams |
| | 3:30-4:30 | Sub Bantams |
| | 4:30-5:30 | Bantams |
| | 5:30-7:30 | Youth, Intermediate & Young |
| | 7:30-8:30 | Midgets |
| Triple Jump | 8:30-9:30 | Youth, Intermediate & Young |
| Shot | 3:00-4:30 | SB, Bantams, Midget (6 lb shot) |
| | 4:30-6:00 | YB, YG, INTER, and up (8lb and 12lb shot) |
| Discus | 6:00 | Midgets and Up |
| High Jump | 4:00 pm | Bantam and Up |
| Turbo Javelin | 3:30pm | Sub-Bantams, Bantams |
| | 4:30 pm | Midgets |
| Javelin | 4:00 pm | Youth and over |

Track events may run up to 1 hour ahead of schedule.

Must provide your own shots, javelins and turbo javelins