



Time Schedule

TIME	EVENTS	AGE GROUPS
Running Events		
9:00	80m Hurdles	Midget
9:15	100m Hurdles	Youth
9:30	100 Prelims	Mini Bantam & up
11:00	1500m	Sub Bantam & up
11:30	50 meter	Mini Bantam
12:00	100 meter final	Sub-Bantam & up
12:30	400 meter	Sub-Bantam & up
1:30	4 x 100 meter relay	Sub Bantam & up & Coaches/Parent Relay
2:30	800 meter	Sub-Bantam & up
3:15	200 meter	Sub Bantam & up
4:15	4 x 400 meter	Bantam & up

Field events - 3 attempts only; no finals; run one pit

9:30 long jump (youth+)	9:00 shot put (sub-bantams)	12:00 discus (all ages)
10:30 long jump (mini-bantams)	9:30 shot put (bantams)	
11:30 long jump (sub-bantams)	10:00 shot put (midgets)	1:00 turbo javelin (sub-bantams)
12:30 long jump (bantams)	11:00 shot put (youth+)	1:30 turbo javelin (bantams)
1:30 long jump (midgets)		2:30 turbo javelin (midgets)
		3:00 javelin (youth +)

Once the meet begins, events may start up to 1 hour ahead of schedule. Time indicates starting time for youngest age group competing. Girls will start first and all other age groups to follow in order.