



TIME SCHEDULE

TIME	EVENTS	AGE GROUPS
Running Events		
9:00am	80m Hurdles	11-12
9:15am	100m Hurdles	13-14
9:30am	100 Prelims	5-6 & up
11:00am	1500m	7-8 & up
11:30am	50 meter	5-6
12:00pm	100 meter final	7-8 & up
12:30pm	400 meter	7-8 & up
1:30pm	4 x 100 meter relay	7-8 & up Coaches/Parent Relay (time permitting)
2:30pm	800 meter	7-8 & up
3:15pm	200 meter	7-8 & up
4:30pm	4 x 400 meter	7-8 & up

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

9:30am long jump (13-14+)	9:00am shot put (7-8)	12:00pm discus (11-12+)
10:30am long jump (5-6)	9:30am shot put (9-10)	1:00pm turbo javelin (6-7)
11:30am long jump (7-8)	10:00am shot put (11-12)	1:30pm turbo javelin (9-10s)
12:30pm long jump (9-10)	11:00am shot put (13-14+)	2:30pm turbo javelin (11-12)
1:30pm long jump (11-12)		3:00pm javelin (13-14+)

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.