



Time Schedule

TIME	EVENTS	AGE GROUPS
Running Events-		
8:30am	3000M	11-12 and up
9:00am	80m Hurdles	11-12
9:15am	100m Hurdles	13-14
9:30am	100 Prelims	5-6 and up
11:00am	1500m	7-8 and up
11:30am	50 meter	5-6
12:00pm	100 meter final	7-8 and up
12:30pm	400 meter	7-8 and up
1:30pm	4x100 meter relay	7-8 and up Coaches/Parent Relay (time permitting)
2:30	800 meter	7-8 and up
3:15	200 meter	7-8 and up
4:30	4x400 meter relay	7-8 and up

Field Events – competitors shall complete all attempts during the scheduled time. All jumps – 3 attempts. All throws – 4 attempts.

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

Once the meet begins events may start up to 1 hour ahead of schedule.