



April 11, 2020
@ Discovery HS
Lawrenceville

MEET SCHEDULE

Track Events	
8:30 a.m.	Sprint hurdles (Masters, Open, 17-18, 15-16, 13-14, 11-12)
	400m dash (6U, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
	3000m run (9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
	Sprint medley (200-200-400-800) (7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
	1500m race walk (9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
12:30 p.m. +/-	100m dash (6U, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
	1500m run (7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
	4x200m relay (7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
	Iron Arms 4x100m Grown Folks 4x100m
	800m run (6U, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
	4x100m relay (7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)

Field Events	
8:00 a.m.	Triple jump (13-14, 15-16, 17-18, Open, Masters)
8:30 a.m.	Discus throw (11-12, 13-14, 15-16, 17-18, Open, Masters)
	Javelin throw (Masters, Open, 17-18, 15-16, 13-14, 11-12, 9-10, 7-8, 6U)
11:30 a.m.	High jump (9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
<i>Follows triple jump</i>	Long jump (6U, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
<i>Follows discus throw</i>	Shot put (7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)

- Gates open at 7:00 a.m.
- Packet pick-up begins at 7:00 a.m. at ticket booth, and is available throughout day.
- Warm-up on track permitted until 8:00 a.m.
- Coaches' meeting at 8:00 a.m. centerfield.
- Top 3 finishers per age division awarded medals at conclusion of each event; for 14U athletes, only coaches or parents should pick-up medals.
- Unattached athletes competing as "free agents" should report to clerking for squad assignments when the relay is called. Assignments will not be made centerfield or at the start.
- Live results available at www.tracklab.events.