



May 2, 2020

SPRING LEAGUE CHAMPIONSHIPS

Track—Morning Program	
8:00 a.m.	3000m run (8U, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
	400m dash (6U, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
	League Record Breakers
	Sprint hurdles (Masters, Open, 17-18, 15-16, 13-14, 11-12)
	1500m race walk (9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
	1500m run (8U, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
	League Record Breakers
	4x400m relay (7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)

Track—Afternoon Program	
1:00 p.m.	Opening Ceremony; Most Improved Athlete recognition
	100m dash (6U, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
	800m run (6U, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
	200m dash (6U, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
	Excellence in Track, Field awards; League Record Breakers
	200m/400m hurdles (13-14, 15-16, 17-18, Open, Masters)
	4x100m relay (7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
	Club Trophy Ceremony



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