

MEET SCHEDULE

Day One		
Event/Age Division	Start Time	Events Contested
Decathlon (15+)	9:30 a.m.	100m dash, long jump, shot put, high jump, 400m dash
Heptathlon (15+)	10:00 a.m.	100m hurdles, high jump, shot put, 200m dash
Triathlon (9-10)	1:00 p.m.	Shot put, high jump, 200m (girls), 400m (boys)

Day Two			
Event/Age Division	Start Time	Events Contested	
Decathlon (15+)	8:30 a.m.	110m hurdles, discus throw, pole vault, javelin throw, 1500m run	
Pentathlon (11-12)	9:00 a.m.	80m hurdles, shot put, high jump, long jump, 800m run (girls), 1500m run (boys)	
Pentathlon (13-14)	9:30 a.m.	100m hurdles, shot put, high jump, long jump, 800m run (girls), 1500m run (boys)	
Heptathlon (15+)	10:00 a.m.	Long jump, javelin throw, 800m run	