

MEET SCHEDULE

| Track Events | |
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| 8:30 a.m. | 3000m run (8U, 9-10, 11-12, 13-14, 15-16, 17- 18, Open, Masters) |
| | 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) |
| | 1500m race walk (9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters) |
| | 4x100m relay (8U, 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) |
| 12:30 p.m. +/- | 100m dash (6U, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters) |
| | 800m Challenge (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) |
| | 200m/400m hurdles (13-14, 15-16, 17-18, Open, Masters) |
| | 4x400m relay (8U, 9-10, 11-12, 13-14, 15-16, 17- 18, Open, Masters) |

| Field Events | |
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| 8:00 a.m. | Triple jump (13-14, 15-16, 17-18, Open, Masters) |
| | Long jump (6U, 7-8, 9-10, 11-12, 13-14, 15- 16, 17-18, Open, Masters) |
| 8:30 a.m. | Discus throw (11-12, 13-14, 15-16, 17-18, Open, Masters) |
| 9:00 a.m. | Javelin throw (Masters, Open, 17-18, 15-16, 13-14, 11-12, 9-10, 7-8, 6U) |
| 11:30 p.m. | High jump (9-10, 11-12, 13-14, 15-16, 17- 18, Open, Masters) |
| Post-discus | Shot put (8U, 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.
- Finisher t-shirts distributed near awards table.
- Live results available at www.tracklab.events.