

MEET SCHEDULE

Track Events		
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	
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)
9:30 a.m.	High Jump Clinic See/do format. Open to athletes all ages, and coaches. Free.
11:30 a.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)