

TRACK & FIELD, RACEWALK, & POWER WALK SCHEDULE OF EVENTS

Sunday, August 18, 2019

TRACK EVENTS

8:00 AM Start of Rolling 5,000M Walk Schedule

- 5000M Race Walk(s)

- 5000M Power Walk

10:45 AM Start of Rolling Schedule Running Events:

- 1500M Run Finals

- 100M Finals

- 800M Finals

--ONE HOUR BREAK — (Awards Ceremony from morning events)

- 200M Finals (Start will not be before 1:45 PM)

- 1500M Race Walk

- 1500M Power Walk

- 50M Finals

- 400M Finals

(Awards Ceremony from afternoon events)

FIELD EVENTS

7:00 AM – 9:00 AM Weights and Measures Check-In for Shots, Javelins, and Hammer

8:30 AM – 12:30 PM Long Jump, Shot Put, Javelin, and Hammer (must check-in at event by 9 AM)

1:00 PM – 1:45 PM Weights and Measures Check-In for Discus

1:30 PM High Jump (check-in by 1:15 PM)

1:30 PM Pole Vault (check-in by 1:15 PM)

1:45 PM – 4:15 PM Triple Jump and Discus (must check-in by 2:00 PM)