



TRACK & FIELD SCHEDULE

THURSDAY

- 4:30 PM High Jump**
- 5:00 PM Discus**
- 5:30 PM 50 Meter Dash**
- 6:00 PM 800 Meter Run**
- 6:30 PM 100 Meter Dash**
- 7:00 PM 1500 Meter Race Walk/Power Walk**
- 7:00 PM Javelin**

FRIDAY

- 8:30 AM 5000 Meter Race Walk/Power Walk**
- 8:30 AM Shot Put**
- 9:00 AM Long Jump**
- 9:30 AM 400 Meter Dash**
- 10:00 AM Triple Jump**
- 10:00 AM 4X100 Meter Relay**
- 10:15 AM 1500 Meter Run**
- 10:30 AM 200 Meter Dash**
- 10:30 AM Softball Throw**

Field Event Order will be: Women - all ages, Men – all ages

Track Event Order will be: Women – youngest-oldest, Men – youngest -oldest

* Please listen to the P.A. announcements on when to report to your events.

* The times listed above are approximate. Some events may start slightly later than the times listed above, but no events will start prior to the time.

* Depending on the number of participants, some age groups and genders may be combined, but results will always be separated.

* Field events and track events may occur at the same time. Please check- in at your field event, but participate in your track event first. Then go directly back to your field event.

* Although some implements may be provided, participants are required to have their own javelin.

* Medals can be picked-up at the press box after results are announced.

