

Event	Start Time	Event	# of Heats	Duration for Event
Saturday - Track				
9:00 am	Racewalks	0	10 min	
9:10 am	3000 Meter Run	4	60 min	
10:10 am	Short Hurdles	9	40 min	
10:50 am	100 Meter Dash	38	65 min	
11:55 pm	lunch		35 min	
12:30 pm	200 Meter Dash	37	75 min	
1:45 pm	800 Meter Run	9	35 min	
2:20 pm	4x100 Relays	4	15 min	
2:35 pm	Steeplechase	2	20 min	
2:55 pm	Cleanup			

Sunday Track - Track

9:00 am	Masters RW	1	10 min
9:10 am	Youth 4x800 Relays	0	10 min
9:20 am	Masters 800	1	5 min
9:25 am	Master 80M Hurd	1	5 min
9:30 am	Master 100M Hurd	1	5 min
9:35 am	Youth 100 M Hurd	1	5 min
9:40 am	Master 100M Dash	4	10 min
9:50 am	Youth 100M Dash	12	20 min
10:10 am	Masters 3000	0	5 min
10:15 am	Youth 200M Hurd	2	10 min
10:25 am	Master 300M Hurd	1	5 min
10:30am	Master 400M Hurd	1	5 min
10:35 am	Youth 400M Hurd	2	15 min
10:50 am	Master 200M Dash	4	20 min
11:10 am	Youth 200M Dash	12	40 min
11:50 am	lunch		35 min
12:25 pm	Master 400M Dash	1	5 min
12:30 pm	Youth 400M Dash	27	75 min
1:45pm	Master 1500 Meter	1	5 min
1:50pm	Youth 1500 Meter	9	40 min
2:30 pm	4x400 Relay	1	10 min
2:40 pm	Masters Steeple	0	10 min
2:50 pm	Cleanup		

Event	Start Time***	Event	Age Group	# of Athletes
Saturday - Jumps				
8:30 am	Long Jump	9-10 Girls	13	
9:45 am	Long Jump	8U Girls	6	
10:25 am	Long Jump	11-12 Girls	11	
11:40 am	Long Jump	13-14 Girls	9	
8:30 am	Long Jump	8U Boys	8	
9:20 am	Long Jump	9-10 Boys	11	
10:20 am	Long Jump	11-12 Boys	10	
11:30 am	Long Jump	13-14 Boys	11	
9:00 am	High Jump	9-10 Girls	2	
9:00 am	High Jump	11-12 Girls	11	
9:55 am	High Jump	9-10 Boys	3	
9:55 am	High Jump	11-12 Boys	3	
10:40 am	High Jump	13-14 Girls	3	
10:40 am	High Jump	13-14 Boys	1	
11:20 am	High Jump	15-16 Girls	4	
11:20 am	High Jump	17-18 Girls	0	
11:55 am	High Jump	15-16 Boys	3	
11:55 am	High Jump	17-18 Boys	1	
Saturday - Throws				
8:30 am	Turbo/Aero	8U Girls	2	
8:45 am	Turbo/Aero	9-10 Girls	9	
9:10 am	Turbo/Aero	11-12 Girls	4	
9:30 am	Turbo/Aero	8U Boys	3	
9:45 am	Turbo/Aero	9-10 Boys	5	
10:05 am	Turbo/Aero	11-12 Boys	2	
9:45 am	Shot Put	8U Girls	0	
9:45 am	Shot Put	9-10 Girls	6	
10:15 am	Shot Put	11-12 Girls	8	
10:55 am	Shot Put	13-14 Girls	3	
11:25 am	Shot Put	8U Boys	4	
11:55 am	Shot Put	9-10 Boys	4	
12:25 pm	Shot Put	11-12 Boys	4	
12:55 pm	Shot Put	13-14 Boys	6	
10:20 am	Discus	11-12 Boys	4	
10:55 am	Discus	13-14 Boys	7	
11:40 pm	Discus	11-12 Girls	5	
12:15 pm	Discus	13-14 Girls	4	
12:30 pm	Javelin	13-14 Girls	5	
12:55 pm	Javelin	13-14 M	7	

Event Start Time***	Event	Age Group	# of Athletes
Sunday - Jumps			
8:30 am	Long Jump	15-16 Girls	14
8:30 am	Long Jump	17-18 Girls	6
9:30 am	Long Jump	15-16 Boys	5
9:30 am	Long Jump	17-18 Boys	5
10:20 am	Long Jump	Masters	5
11:00 am	Triple Jump	13-14 F	0
11:30 am	Triple Jump	15-16 F	1
11:30 am	Triple Jump	17-18 F	3
12:05 pm	Triple Jump	13-14 M	0
12:05 pm	Triple Jump	15-16 M	1
12:05 pm	Triple Jump	17-18 M	2
12:35 pm	Triple Jump	Masters	3
9:00 am	High Jump	Masters	5
10:00 am	Pole Vault	Youth	2
10:00 am	Pole Vault	Masters	4

Sunday - Throws			
8:30 am	Hammer	15-16 Girls	0
8:30 am	Hammer	17-18 Girls	1
9:00 am	Hammer	15-16 Boys	1
9:00 am	Hammer	17-18 Boys	2
9:45 am	Shot Put	15-16 Girls	4
9:45 am	Shot Put	17-18 Girls	0
10:30 am	Shot Put	15-16 Boys	2
10:30 am	Shot Put	17-18 Boys	2
11:05 am	Discus	15-16 Girls	5
11:05 am	Discus	17-18 Girls	0
11:50 pm	Discus	15-16 Boys	2
11:50 pm	Discus	17-18 Boys	2
12:35 pm	Javelin	15-16 Girls	4
12:35 pm	Javelin	17-18 Girls	2
1:20 pm	Javelin	15-16 Boys	5
1:20 pm	Javelin	17-18 Boys	2
9:00 am	Javelin	Masters	10
10:15 am	Shot Put	Masters	6
11:10 am	Discus	Masters	8
12:25 am	Hammer	Masters	3

**Duration
for Event**

60 min

25 min

50 min

35 min

35 min

40 min

45 min

55 min

40 min

30 min

25 min

20 min

30 min

10 min

20 min

15 min

10 min

15 min

10 min

0 min

20 min

30 min

20 min

20 min

20 min

20 min

20 min

25 min

35 min

25 min

30 min

15 min

20 min

**Duration
for Event**

45 min

40 min

25 min

20 min

20 min

15 min

30 min

60 min

15 min

30 min

20 min

20 min

30 min

30 min

30 min

40 min

60 min

40 min

60 min

30 min