

TIME:

10:00am cutoff for late registration
9:00am field events start
11:00am running events start

Fees:

- \$15.00 per event

TRACK AND FIELD EVENTS: Sunday-Ages 15-109

| FIELD EVENTS Approximate Start Times | RUNNING EVENTS Relaxed Rolling Schedule |
|---|--|
| 9:00 AM Pole Vault | 11:00 AM 4x800m Relay (if no relay, will run 3000) |
| 9:00 AM Javelin | 80m Hurdles) |
| 9:00 AM Long Jump | 100m Hurdles (Female) |
| 9:00 AM Triple Jump | 110m Hurdles (Male) |
| 9:00 AM High Jump | 100m Dash |
| 9:00 AM Men Shot | 4x100m Relay |
| 9:00 AM Women Discus | 1500m Run |
| 11:00 PM Women Shot | 400m Dash |
| 11:00 PM Men Discus | 300m Hurdles) / 400m hurdles |
| | 1:00 PM |
| | 800m run |
| | 200m dash |
| | 3000 (if not run at 11am} |
| | 4x400 |
| Age Groups – Medals Awarded to Top Three in Each | |
| (04) (5-6) 7-8) (9-10) (11-12) (13-14) | |

5000meter run is scheduled at 7am