

2018 RCL District B Track and Field Schedule - JUNE 16

Athletes check in 15 minutes prior to event start time.

Time	Track Event	Age Group	Round
8:30 AM	2000 m Steeple Chase	YG 30"; YB 33"	Timed Sections
8:50 AM	1500 m Steeple Chase	MG 30"; MB 30"	Timed Sections
9:00 AM	OPENING CEREMONIES		
9:20 AM	80 m Hurdles 30"	MG	FINALS
	100m Hurdles 30"	YG	FINALS
	100m Hurdles 33"	MB	FINALS
	110 m Hurdles 36"	YB	FINALS
9:45 AM	1200 m	BG; BB	Timed Sections
10:00AM	1200 m	MG; MB	Timed Sections
10:15 AM	1500 m	YG; YB	Timed Sections
10:30 AM	80 m	BG; BB	Heats
10:40 AM	100 m	MG; MB	Heats
10:50 AM	100 m	YG; YB	Heats
11:00 AM	100 m Para	F (P); M (P)	FINALS
11:15 AM	300 m	BG; BB	Timed Sections
11:30 AM	300 m	MG; MB	Timed Sections
11:45 AM	400 m	YG; YB	Timed Sections
12:00 PM	400 m Para	F (P); M (P)	Timed Sections
12:10 PM	80 m and 100 m	BG; BB; MG; MB; YG; YB	FINALS
LUNCH BREAK			
1:00 PM	200 m Hurdles	MG; MB (30")	Timed Sections
1:20 PM	400 m Hurdles	YG (30"); YB (33")	Timed Sections
2:00 PM	2000 m	MG; MB	Timed Sections
2:25 PM	3000 m	YG; YB	Timed Sections
3:00 PM	150 m	BG; BB	Timed Sections
3:15 PM	200 m	MG; MB	Timed Sections
3:30 PM	200 m	YG; YB	Timed Sections
3:45 PM	200 m Para	F (P); M (P)	Timed Sections
3:50 PM	800 m	BG; BB	
4:10 PM	800 m	MG; MB	Timed Sections
4:15 PM	800 m	YG; YB	Timed Sections
4:30 PM	1500 m Race Walk	MG; MB	Timed Sections
4:45 PM	3000 m Race Walk	YG; YB	Timed Sections
Time	Field Event	Age Group	
8:00 AM	Hammer	MG 3kg; MB 4kg; YG 3kg; YB 5 kg	
9:30 AM	Discus	BG 750 g; MG, YG; 1 kg	
9:30 AM	Shot Put	BB 3 kg; MB 4 kg; YB 5 kg	
9:30 AM	High Jump	BG; MG; YG	
9:30 AM	Triple Jump	MB; YB	
11:00 AM	Triple Jump	MG; YG	
11:00 AM	Shot Put	BG; MG, YG; 3 kg	
11:00 AM	Javelin	BB 400g; MB 600g; YB 700g	
11:00 AM	POLE VAULT	MG; MB; YG; YB	
LUNCH BREAK			
1:00 PM	Long Jump	BG; MG; YG	
1:00 PM	High Jump	BB; MB; YB	
1:00 PM	Javelin	BG 400g; MG 500g ; YG 500g	
2:30 PM	Discus	BB 750g; MB 1 kg; YB 1.5 kg	
2:30 PM	Long Jump	BB; MB; YB	