

## DISTRICT E -OUTDOOR CHAMPIONSHIP EVENT SCHEDULE

### **Track Events \*\* Steeplechase is offered at this meet\*\***

Order of all races is G13, G15, G17, B13, B15, B17 except hurdles (This will allow us to combine age groups without disrupting the order of competition. Also, make sure your athlete checks to see if ages will be combined. For example in the 1500m we often combine the G13 and G15 into one race.)

***Please be present by at least 8:30 am in order to register and receive your number***

<b>Time</b>	<b>Event</b>	<b>Event Type</b>
10:00am	1500m/2000m Steeplechase	Final
10:30am	Sprint Hurdles Timed Finals <i>(order is G13, B13, G15, G17, Hep Girls, B15, B17, Hep Boys)</i>	
11:00am	1200m/1500m	Timed Finals
11:30am	100m Heats/Finals	Heats (8 or less will run Final)
12:00pm	300m(G13/B13& G15/B15) 400m(G17/B17)	Timed Finals
12:30pm	100m	Finals (If needed)

### **LUNCH BREAK**

1:30pm	Intermediate Hurdles (200mH/ 400mH) <i>(order is G13, B13, G15, G17, B15, B17)</i>	Timed Finals
2:00pm	200m (includes Heptathlon 200m)	Timed Finals
2:45pm	800m	Timed Finals
3:15pm	2000m/3000m	Timed Finals
4:00pm	Heptathlon 800m	

**This is a rolling schedule for the track events... We will run ahead of schedule if we are able. For example if the Sprint hurdles are done at 10:15 the 1200m/1500m will start at 10:15. Arrive at the track in plenty of time so as not to miss your event.**

### **Field Events (Jumps) \*\*Pole Vault is offered at this meet\*\***

All athletes will get 6 attempts in the long and triple jumps unless there are more than 8 entries in an age group in which case only the top 8 athletes after their first 3 jumps will get an additional 3 jumps. In the high jump the athlete can continue until they have 3 consecutive misses.

<b>Time</b>	<b>Long Jump</b>	<b>Triple Jump</b>	<b>High Jump</b>	<b>Pole Vault</b>
9:30am				All girls and boys
11:00am	All girls		All boys	
12:30am	All boys		All girls	
1:30pm		All girls		
2:45pm		All boys		

### **Field Events (Throws) \*\* Discus is offered at this meet\*\***

<b>Time</b>	<b>Javelin</b>	<b>Shot Put</b>	<b>Discus</b>
10:00am	All girls	All boys	
11:00am			All girls
12:00pm	All boys	All girls	
1:00pm			All boys

### **Heptathlon**

10:30am	Sprint Hurdles	2:00pm	200 m (1 <sup>st</sup> 200m heat)
11:00am	Shot Put	2:30pm	Long Jump
11:30pm	High Jump	4:00pm	800 m
12:00pm	Javelin		