

C.A.N.I

(Constant & Never Ending Improvement)

Athletics

Holiday Lid Lifter

Schedule

Track:

- * All events are on a rolling schedule
- * Top 12 times in the 60m Heats advance to the final
- * First four heats of the 300m use blocks

12:30pm 60m Women Heats

60m Men Heats

60H Women Final

60H Men Final

60m Dash Women Final A & B

60m Dash Men Final A & B

600m Timed Final Women

600m Timed Final Men

300m Timed Final Women

300m Timed Final Men

1500m Women

1500m Men

4 x 400m Women

4 x 400m Men

Field:

- *All Long Jumpers get four jumps

1:00pm Long Jump Final Women

Long Jump Final Men