# BC ATHLETICS 2019 TRACK AND FIELD JAMBOREE U16, U18, U20, SENIOR, PARA & COMBINED EVENTS TENTATIVE TRACK & COMBINED EVENTS SCHEDULE (May 19, 2019)

#### FRIDAY JULY 5, 2019

#### TRACK

5:30 pm	300m Semi Finals	Women U16
5:45 pm	300m Semi Finals	Men U16
6:00 pm	400m Semi Finals	Women U18
6:15 pm	400m Semi Finals	Men U18
6:30 pm	400m Semi Finals	Women U20
6:45 pm	400m Semi Finals	Men U20
7:00 pm	400m Semi Finals	Women Sr.
7:15 pm	400m Semi Finals	Men Sr.
7:30 pm	1500m SC	Women U16
7:40 pm	1500m SC	Men U16
7:50 pm	2000m SC	Women U18
8:00 pm	3000m SC	Women U20, Sr.
8:20 pm	2000m SC	Men U18
8:30 pm	3000m SC	Men U20, Sr.
8:40 pm	5000m Final	Women U20, Sr.
9:00 pm	5000m Final	Men U20, Sr.

#### SATURDAY JULY 6, 2019

#### TRACK

9:00 am	80mH Pent	Women U16
9:05 am	80mH Semi Finals	Women U16
9:15 am	100mH Hep	Women U18,U20,Sr.
9:20 am	100mH Semi Finals	Women U18
9:30 am	100mH Semi Finals	Women U20
9:40 am	100mH Semi Finals	Women Sr.
9:45 am	100mH Pent	Men U16
9:50 am	100mH Semi Finals	Men U16
9:55 am	110mH Semi Finals	Men U18
10:00 am	110mH Semi Finals	Men U20
10:05 am	110mH Semi Finals	Men Sr.
10:10 am	100m Dec	Men U18, U20, Sr.
10:15 am	300m Final	Women U16
10:20 am	300m Final	Men U16
10:25 am	400m WC	Women & Men All
10:30 am	400m Final	Women U18
10:35 am	400m Final	Men U18
10:40 am	400m Final	Women U20
10:45 am	400m Final	Men U20
10:50 am	400m Final	Women Sr.
10:55 am	400m Final	Men Sr.
11:05 am	100m Semi Finals	Women U16
11:10 am	100m Semi Finals	Men U16
11:15 am	100m Semi Finals	Women U18
11:20 am	100m Semi Finals	Men U18
11:25 am	100m Semi Finals	Women U20
11:30 am	100m Semi Finals	Men U20

11:40 am         100m Semi Finals         Men Sr.           12:00 pm         Awards         12:00 pm         Lunch Break           1:00 pm         1200m Final         Women U16           1:10 pm         1200m Final         Men U16           1:20 pm         1500m WC         Women & Men All           1:30 pm         80mH Final         Women U16           1:30 pm         100mH Final         Women U18           1:45 pm         100mH Final         Men U16           1:55 pm         100mH Final         Women U20           1:55 pm         100mH Final         Women U18           2:10 pm         110mH Final         Men U20           2:15 pm         110mH Final         Men U20           2:15 pm         110mH Final         Men Sr.           2:25 pm         200m Hep         Women U18, U20, Sr.           2:35 pm         800m Pent         Women U16           2:40 pm         Break         Women U16           3:10 pm         1500m Final         Women U18           3:30 pm         1500m Final         Women U20           3:50 pm         1500m Final         Women Sr.           4:10 pm         1500m Final         Men Sr.           4:20 p			1
12:00 pm         Awards           12:00 pm         Lunch Break           1:00 pm         1200m Final           1:10 pm         1200m Final           1:20 pm         1500m WC           Women & Men All           1:30 pm         80mH Final           1:40 pm         100mH Final           1:40 pm         100mH Final           1:45 pm         100mH Final           1:50 pm         100mH Final           1:55 pm         100mH Final           2:05 pm         110mH Final           2:10 pm         110mH Final           2:15 pm         110mH Final           2:15 pm         110mH Final           Men U20           2:15 pm         100m Hep           Women U18, U20, Sr.           2:35 pm         800m Pent           3:10 pm         1000m Pent           3:20 pm         1500m Final           3:30 pm         1500m Final           3:40 pm         1500m Final           4:00 pm         1500m Final           4:10 pm         1500m Final           4:20 pm         Awards           4:35 pm         100m Final           4:45 pm         100m Final	11:35 am	100m Semi Finals	Women Sr.
12:00 pm         Lunch Break           1:00 pm         1200m Final         Women U16           1:10 pm         1200m Final         Men U16           1:20 pm         1500m WC         Women & Men All           1:30 pm         80mH Final         Women U16           1:40 pm         100mH Final         Women U18           1:45 pm         100mH Final         Men U16           1:50 pm         100mH Final         Women Sr.           2:05 pm         110mH Final         Men U18           2:10 pm         110mH Final         Men U20           2:15 pm         110mH Final         Men Sr.           2:25 pm         200m Hep         Women U18, U20, Sr.           2:35 pm         800m Pent         Women U16           2:40 pm         Break         Women U16           3:10 pm         1000m Pent         Men U16           3:20 pm         1500m Final         Women U18           3:30 pm         1500m Final         Women U20           3:50 pm         1500m Final         Men U20           4:00 pm         1500m Final         Men Sr.           4:10 pm         1500m Final         Men Sr.           4:20 pm         Awards         Women U16			Men Sr.
1:00 pm         1200m Final         Women U16           1:10 pm         1200m Final         Men U16           1:20 pm         1500m WC         Women & Men All           1:30 pm         80mH Final         Women U16           1:40 pm         100mH Final         Women U18           1:45 pm         100mH Final         Men U16           1:50 pm         100mH Final         Women U20           1:55 pm         100mH Final         Men U18           2:05 pm         110mH Final         Men U20           2:15 pm         110mH Final         Men Sr.           2:25 pm         200m Hep         Women U18, U20, Sr.           2:35 pm         800m Pent         Women U16           2:40 pm         Break         Women U16           3:10 pm         1500m Final         Women U18           3:30 pm         1500m Final         Women U18           3:30 pm         1500m Final         Women U20           4:00 pm         1500m Final         Women Sr.           4:10 pm         1500m Final         Women Sr.           4:10 pm         1500m Final         Men Sr.           4:20 pm         Awards         Women WC           4:35 pm         100m Final			
1:10 pm       1200m Final       Men U16         1:20 pm       1500m WC       Women & Men All         1:30 pm       80mH Final       Women U16         1:40 pm       100mH Final       Women U18         1:45 pm       100mH Final       Men U16         1:50 pm       100mH Final       Women U20         1:55 pm       100mH Final       Men U18         2:05 pm       110mH Final       Men U20         2:15 pm       110mH Final       Men Sr.         2:25 pm       200m Hep       Women U18, U20, Sr.         2:35 pm       800m Pent       Women U16         2:40 pm       Break       Women U16         3:10 pm       1000m Pent       Men U16         3:20 pm       1500m Final       Women U18         3:30 pm       1500m Final       Women U20         3:50 pm       1500m Final       Women Sr.         4:10 pm       1500m Final       Women Sr.         4:20 pm       Awards       Women & Men All         4:35 pm       100m Final       Women U16         4:35 pm       100m Final       Women U16         5:00 pm       100m Final       Women U18         5:10 pm       100m Final       Men U1	12:00 pm	Lunch Break	
1:20 pm         1500m WC         Women & Men All           1:30 pm         80mH Final         Women U16           1:40 pm         100mH Final         Women U18           1:45 pm         100mH Final         Men U16           1:50 pm         100mH Final         Women U20           1:55 pm         100mH Final         Women Sr.           2:05 pm         110mH Final         Men U20           2:15 pm         110mH Final         Men Sr.           2:25 pm         200m Hep         Women U18, U20, Sr.           2:35 pm         800m Pent         Women U16           2:40 pm         Break         Men U16           3:10 pm         1000m Pent         Men U16           3:20 pm         1500m Final         Women U18           3:30 pm         1500m Final         Women U20           3:50 pm         1500m Final         Women Women U20           4:00 pm         1500m Final         Women Sr.           4:10 pm         1500m Final         Women & Men All           4:35 pm         100m WC         Women & Men All           4:45 pm         100m Final         Women U16           5:00 pm         100m Final         Women U18           5:10 pm	1:00 pm	1200m Final	Women U16
1:30 pm         80mH Final         Women U16           1:40 pm         100mH Final         Women U18           1:45 pm         100mH Final         Men U16           1:50 pm         100mH Final         Women U20           1:55 pm         100mH Final         Women Sr.           2:05 pm         110mH Final         Men U18           2:10 pm         110mH Final         Men U20           2:15 pm         110mH Final         Men Sr.           2:25 pm         200m Hep         Women U18, U20, Sr.           2:35 pm         800m Pent         Women U16           2:40 pm         Break         Men U16           3:10 pm         1000m Pent         Men U16           3:20 pm         1500m Final         Women U18           3:30 pm         1500m Final         Women U20           3:50 pm         1500m Final         Women Sr.           4:10 pm         1500m Final         Men Sr.           4:20 pm         Awards         Awards           4:35 pm         100m WC         Women & Men All           4:45 pm         100m Final         Men U16           5:00 pm         100m Final         Women U18           5:10 pm         100m Final         <	1:10 pm	1200m Final	
1:40 pm       100mH Final       Women U18         1:45 pm       100mH Final       Men U16         1:50 pm       100mH Final       Women U20         1:55 pm       100mH Final       Women Sr.         2:05 pm       110mH Final       Men U18         2:10 pm       110mH Final       Men Sr.         2:15 pm       110mH Final       Men Sr.         2:25 pm       200m Hep       Women U18, U20, Sr.         2:35 pm       800m Pent       Women U16         2:40 pm       Break       Men U16         3:10 pm       1000m Pent       Men U16         3:20 pm       1500m Final       Women U18         3:30 pm       1500m Final       Women U20         3:40 pm       1500m Final       Women U20         3:50 pm       1500m Final       Women Sr.         4:10 pm       1500m Final       Men Sr.         4:20 pm       Awards       Awards         4:35 pm       100m WC       Women & Men All         4:45 pm       100m Final       Men U16         5:00 pm       100m Final       Women U18         5:10 pm       100m Final       Men U18	1:20 pm	1500m WC	Women & Men All
1:45 pm       100mH Final       Men U16         1:50 pm       100mH Final       Women U20         1:55 pm       100mH Final       Women Sr.         2:05 pm       110mH Final       Men U20         2:15 pm       110mH Final       Men Sr.         2:25 pm       200m Hep       Women U18, U20, Sr.         2:35 pm       800m Pent       Women U16         2:40 pm       Break       Men U16         3:10 pm       1000m Pent       Men U16         3:20 pm       1500m Final       Women U18         3:30 pm       1500m Final       Women U20         3:40 pm       1500m Final       Women U20         4:00 pm       1500m Final       Women Sr.         4:10 pm       1500m Final       Men Sr.         4:20 pm       Awards       Awards         4:35 pm       100m WC       Women & Men All         4:45 pm       100m Final       Men U16         5:00 pm       100m Final       Women U18         5:10 pm       100m Final       Men U18	1:30 pm	80mH Final	Women U16
1:50 pm       100mH Final       Women U20         1:55 pm       100mH Final       Women Sr.         2:05 pm       110mH Final       Men U18         2:10 pm       110mH Final       Men U20         2:15 pm       110mH Final       Men Sr.         2:25 pm       200m Hep       Women U18, U20, Sr.         2:35 pm       800m Pent       Women U16         2:40 pm       Break       Women U16         3:10 pm       1000m Pent       Men U16         3:20 pm       1500m Final       Women U18         3:30 pm       1500m Final       Women U20         3:40 pm       1500m Final       Women U20         3:50 pm       1500m Final       Women Sr.         4:10 pm       1500m Final       Women Sr.         4:10 pm       1500m Final       Men Sr.         4:20 pm       Awards       Awards         4:35 pm       100m WC       Women & Men All         4:45 pm       100m Final       Women U16         4:50 pm       100m Final       Women U18         5:10 pm       100m Final       Men U18	1:40 pm	100mH Final	Women U18
1:55 pm         100mH Final         Women Sr.           2:05 pm         110mH Final         Men U18           2:10 pm         110mH Final         Men U20           2:15 pm         110mH Final         Men Sr.           2:25 pm         200m Hep         Women U18, U20, Sr.           2:35 pm         800m Pent         Women U16           2:40 pm         Break         Women U16           3:10 pm         1000m Pent         Men U16           3:20 pm         1500m Final         Women U18           3:30 pm         1500m Final         Women U20           3:40 pm         1500m Final         Women U20           4:00 pm         1500m Final         Women Sr.           4:10 pm         1500m Final         Men Sr.           4:10 pm         1500m Final         Men Sr.           4:20 pm         Awards         Awards           4:35 pm         100m WC         Women & Men All           4:50 pm         100m Final         Men U16           5:00 pm         100m Final         Women U18           5:10 pm         100m Final         Men U18	1:45 pm	100mH Final	Men U16
2:05 pm         110mH Final         Men U18           2:10 pm         110mH Final         Men U20           2:15 pm         110mH Final         Men Sr.           2:25 pm         200m Hep         Women U18, U20, Sr.           2:35 pm         800m Pent         Women U16           2:40 pm         Break         Men U16           3:10 pm         1000m Pent         Men U16           3:20 pm         1500m Final         Women U18           3:30 pm         1500m Final         Women U20           3:40 pm         1500m Final         Men U20           4:00 pm         1500m Final         Women Sr.           4:10 pm         1500m Final         Men Sr.           4:20 pm         Awards         Awards           4:35 pm         100m WC         Women & Men All           4:45 pm         100m Final         Women U16           4:50 pm         100m Final         Men U16           5:00 pm         100m Final         Men U18	1:50 pm	100mH Final	Women U20
2:10 pm       110mH Final       Men U20         2:15 pm       110mH Final       Men Sr.         2:25 pm       200m Hep       Women U18, U20, Sr.         2:35 pm       800m Pent       Women U16         2:40 pm       Break       3:10 pm         3:10 pm       1000m Pent       Men U16         3:20 pm       1500m Final       Women U18         3:30 pm       1500m Final       Women U20         3:40 pm       1500m Final       Men U20         4:00 pm       1500m Final       Women Sr.         4:10 pm       1500m Final       Men Sr.         4:20 pm       Awards       Awards         4:35 pm       100m WC       Women & Men All         4:45 pm       100m Final       Women U16         4:50 pm       100m Final       Men U16         5:00 pm       100m Final       Women U18         5:10 pm       100m Final       Men U18	1:55 pm	100mH Final	Women Sr.
2:15 pm       110mH Final       Men Sr.         2:25 pm       200m Hep       Women U18, U20, Sr.         2:35 pm       800m Pent       Women U16         2:40 pm       Break       Since In Intervention of the period of the perio	2:05 pm	110mH Final	Men U18
2:25 pm         200m Hep         Women U18, U20, Sr.           2:35 pm         800m Pent         Women U16           2:40 pm         Break            3:10 pm         1000m Pent         Men U16           3:20 pm         1500m Final         Women U18           3:30 pm         1500m Final         Men U18           3:40 pm         1500m Final         Women U20           4:00 pm         1500m Final         Women Sr.           4:10 pm         1500m Final         Men Sr.           4:20 pm         Awards            4:35 pm         100m WC         Women & Men All           4:45 pm         100m Final         Women U16           4:50 pm         100m Final         Men U16           5:00 pm         100m Final         Women U18           5:10 pm         100m Final         Men U18	2:10 pm	110mH Final	Men U20
2:35 pm         800m Pent         Women U16           2:40 pm         Break         3:10 pm           3:10 pm         1000m Pent         Men U16           3:20 pm         1500m Final         Women U18           3:30 pm         1500m Final         Men U18           3:40 pm         1500m Final         Women U20           4:00 pm         1500m Final         Women Sr.           4:10 pm         1500m Final         Men Sr.           4:20 pm         Awards         Awards           4:35 pm         100m WC         Women & Men All           4:50 pm         100m Final         Women U16           4:50 pm         100m Final         Women U16           5:00 pm         100m Final         Women U18           5:10 pm         100m Final         Men U18	2:15 pm	110mH Final	
2:40 pm       Break         3:10 pm       1000m Pent         3:20 pm       1500m Final         3:30 pm       1500m Final         3:40 pm       1500m Final         3:50 pm       1500m Final         4:00 pm       1500m Final         4:10 pm       1500m Final         4:10 pm       1500m Final         4:20 pm       Awards         4:35 pm       100m WC         4:50 pm       100m Final         4:50 pm       100m Final         5:00 pm       100m Final         5:10 pm       100m Final	2:25 pm	200m Hep	Women U18, U20, Sr.
3:10 pm       1000m Pent       Men U16         3:20 pm       1500m Final       Women U18         3:30 pm       1500m Final       Men U18         3:40 pm       1500m Final       Women U20         3:50 pm       1500m Final       Men U20         4:00 pm       1500m Final       Women Sr.         4:10 pm       1500m Final       Men Sr.         4:20 pm       Awards         4:35 pm       100m WC       Women & Men All         4:45 pm       100m Final       Women U16         4:50 pm       100m Final       Women U18         5:00 pm       100m Final       Women U18         5:10 pm       100m Final       Men U18	2:35 pm	800m Pent	Women U16
3:20 pm       1500m Final       Women U18         3:30 pm       1500m Final       Men U18         3:40 pm       1500m Final       Women U20         3:50 pm       1500m Final       Men U20         4:00 pm       1500m Final       Women Sr.         4:10 pm       1500m Final       Men Sr.         4:20 pm       Awards       Awards         4:35 pm       100m WC       Women & Men All         4:45 pm       100m Final       Women U16         4:50 pm       100m Final       Men U16         5:00 pm       100m Final       Women U18         5:10 pm       100m Final       Men U18	2:40 pm	Break	
3:30 pm       1500m Final       Men U18         3:40 pm       1500m Final       Women U20         3:50 pm       1500m Final       Men U20         4:00 pm       1500m Final       Women Sr.         4:10 pm       1500m Final       Men Sr.         4:20 pm       Awards       Awards         4:35 pm       100m WC       Women & Men All         4:45 pm       100m Final       Women U16         4:50 pm       100m Final       Men U16         5:00 pm       100m Final       Women U18         5:10 pm       100m Final       Men U18	3:10 pm	1000m Pent	Men U16
3:40 pm       1500m Final       Women U20         3:50 pm       1500m Final       Men U20         4:00 pm       1500m Final       Women Sr.         4:10 pm       1500m Final       Men Sr.         4:20 pm       Awards       Awards         4:35 pm       100m WC       Women & Men All         4:45 pm       100m Final       Women U16         4:50 pm       100m Final       Men U16         5:00 pm       100m Final       Women U18         5:10 pm       100m Final       Men U18	3:20 pm	1500m Final	Women U18
3:50 pm       1500m Final       Men U20         4:00 pm       1500m Final       Women Sr.         4:10 pm       1500m Final       Men Sr.         4:20 pm       Awards         4:35 pm       100m WC       Women & Men All         4:45 pm       100m Final       Women U16         4:50 pm       100m Final       Men U16         5:00 pm       100m Final       Women U18         5:10 pm       100m Final       Men U18	3:30 pm	1500m Final	Men U18
4:00 pm       1500m Final       Women Sr.         4:10 pm       1500m Final       Men Sr.         4:20 pm       Awards         4:35 pm       100m WC       Women & Men All         4:45 pm       100m Final       Women U16         4:50 pm       100m Final       Men U16         5:00 pm       100m Final       Women U18         5:10 pm       100m Final       Men U18	3:40 pm	1500m Final	Women U20
4:10 pm       1500m Final       Men Sr.         4:20 pm       Awards         4:35 pm       100m WC       Women & Men All         4:45 pm       100m Final       Women U16         4:50 pm       100m Final       Men U16         5:00 pm       100m Final       Women U18         5:10 pm       100m Final       Men U18	3:50 pm	1500m Final	Men U20
4:20 pm       Awards         4:35 pm       100m WC       Women & Men All         4:45 pm       100m Final       Women U16         4:50 pm       100m Final       Men U16         5:00 pm       100m Final       Women U18         5:10 pm       100m Final       Men U18	4:00 pm	1500m Final	Women Sr.
4:35 pm       100m WC       Women & Men All         4:45 pm       100m Final       Women U16         4:50 pm       100m Final       Men U16         5:00 pm       100m Final       Women U18         5:10 pm       100m Final       Men U18	4:10 pm	1500m Final	Men Sr.
4:45 pm       100m Final       Women U16         4:50 pm       100m Final       Men U16         5:00 pm       100m Final       Women U18         5:10 pm       100m Final       Men U18	4:20 pm	Awards	
4:50 pm       100m Final       Men U16         5:00 pm       100m Final       Women U18         5:10 pm       100m Final       Men U18	4:35 pm	100m WC	Women & Men All
5:00 pm         100m Final         Women U18           5:10 pm         100m Final         Men U18	4:45 pm	100m Final	Women U16
5:00 pm         100m Final         Women U18           5:10 pm         100m Final         Men U18	4:50 pm	100m Final	Men U16
5:10 pm   100m Final   Men U18	5:00 pm	100m Final	Women U18
		100m Final	
3.13 piii   100m Finai   Women U20	5:15 pm	100m Final	Women U20
5:20 pm 100m Final Men U20		100m Final	Men U20
5:25 pm 100m Final Women Sr.		100m Final	Women Sr.
5:30 pm 100m Final Men Sr.		100m Final	Men Sr.
5:40 pm 400m Dec Men	5:40 pm	400m Dec	Men

# SATURDAY MULTI EVENTS – Approximate Time Schedule

## Decathlon (Men U18, U20, Sr.)

10:10 am	100m
11:30 am	Long Jump
1:00 pm	Shot Put
2:00 pm	High Jump
5:40 pm	400m

# BC ATHLETICS 2019 TRACK AND FIELD JAMBOREE U16, U18, U20, SENIOR, PARA & COMBINED EVENTS TENTATIVE TRACK & COMBINED EVENTS SCHEDULE (May 19, 2019)

#### Heptathlon (Women U18, U20, Sr.)

9:35 am	100m Hurdles
10:30am	High Jump
12:30 pm	Shot Put
2:25 pm	200m

### Pentathlon (Women U16)

9:15 am	80m Hurdles
10:30 am	High Jump
12:15 pm	Long Jump
1:45 pm	Shot Put
2:35 pm	800m

#### Pentathlon (Men U16)

9:50 am	100m Hurdles
10:30 am	Long Jump
11:45 am	Shot Put
1:00 pm	High Jump
3:10 pm	1000m

#### SUNDAY JULY 7, 2019

#### TRACK

8:30 am	110mH Dec	Men U18, U20, Sr.
9:05 am	10,000m RW	Women & Men U20, Sr.
9:05 am	5000m RW	Women & Men
		U18,U20
10:05 am	1500m RW	Women & Men U16
10:20 am	2000m Final	Women U16
10:30 am	2000m Final	Men U16
10:40 am	3000m Final	Women U18
10:55 am	3000m Final	Men U18
11:10 am	Awards	
11:20 am	200m Semi Finals	Women U16
12:30 pm	200m Semi Finals	Men U16
12:40 pm	200m Semi Finals	Women U18
12:50 pm	200m Semi Finals	Men U18
12:55 pm	200m Semi Finals	Women U20
1:00 pm	200m Semi Finals	Men U20
1:10 pm	200m Semi Finals	Women Sr.
1:20 pm	200m Semi Finals	Men Sr.
1:30 pm	300mH Final	Women U16
1:40 pm	300mH Final	Men U16
1:55 pm	400mH Final	Women U18
2:05 pm	400mH Final	Men U18
2:15 pm	400mH Final	Women U20

	1	
2:25 pm	400mH Final	Men U20
2:35 pm	400mH Final	Women Sr.
2:40 pm	400mH Final	Men Sr.
2:50 pm	800m Hep	Women U18, U20, Sr.
2:55 pm	1500m Dec	Men U18, U20, Sr.
3:00 pm	Awards	
3:20 pm	200m WC	Women & Men All
3:30 pm	200m Final	Women U16
3:40 pm	200m Final	Men U16
3:50 pm	200m Final	Women U18
3:55 pm	200m Final	Men U18
4:00 pm	200m Final	Women U20
4:05 pm	200m Final	Men U20
4:10 pm	200m Final	Women Sr.
4:15 pm	200m Final	Men Sr.
4:25 pm	Awards	
4:35 pm	800m WC	Women & Men All
4:45 pm	800m Final	Women U16
4:55 pm	800m Final	Men U16
5:05 pm	800m Final	Women U18
5:15 pm	800m Final	Men U18
5:25 pm	800m Final	Women U20
5:35 pm	800m Final	Men U20
5:40 pm	800m Final	Women Sr.
5:45 pm	800m Final	Men Sr.
5:50 pm	Awards	
5:50 pm	4x100m Relay	Women All Ages
5:55 pm	4x100m Relay	Men All Ages
6:00 pm	4x400m Relay	Women All Ages
6:05 pm	4x400m Relay	Men All Ages

# SUNDAY MULTI EVENTS – Approximate Time Schedule

## Heptathlon (Women U18, U20, Sr.)

11:00 am	Long Jump
1:30 pm	Javelin
2:50 pm	800m

### Decathlon (Men U18, U20, Sr.)

8:30 am	110m Hurdles
10:00 am	Discus
11:15 am	Pole Vault
2:00 pm	Javelin
2:55 pm	1500m