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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Track** | | **Schedule Saturday, June 15, 2019 Prep Meet Track Events** will run Fast to Slow | | | | | | | |
| **Time** | | **Event** | | | **Round** | | **Age Group (# of athletes)** | | |
| **7:00** | | **FACILITY OPENS** | | | | | | | |
|  | | **Morning Session** | | | | |  | | |
| 8:40 | | 100m Decathlon | | | Championship Final | | U18 (6) | | |
| 8:45 | | 100m Decathlon | | | Championship Final | | U20 (8) | | |
| 9:05 | | 80mH Pentathlon | | | Championship Final | | Masters (1) | | |
| 9:15 | | 100mH Heptathlon | | | Championship Final | | U18 (9) | | |
| 9:25 | | 100mH Heptathlon | | | Championship Final | | U20 (10) | | |
| 9:30 | | 80mH (0.762 – 12 – 7.5) | | | Timed Final | | U14 Boys | | |
|  | | 80mH (0.762 – 12 – 8) | | | Timed Final | | U16 Girls | | |
|  | | 100mH (0.762 – 13 – 8.5) | | | Timed Final | | U18 Girls | | |
|  | | 100mH (0.840 – 13 – 8.5) | | | Timed Final | | U16 Boys | | |
|  | | 110mH (0.914 – 13.72 – 9.14) | | | Timed Final | | U18 Boys | | |
| 10:15 | | 1200m | | | Timed Final | | U16 Girls | | |
|  | | 1200m | | | Timed Final | | U16 Boys | | |
| 11:00 | | 80m | | | Timed Final | | U14 Girls | | |
|  | | 80m | | | Timed Final | | U14 Boys | | |
| 11:20 | | 100m | | | Heats | | Open | | |
|  | | 100m | | | Heats | | Open | | |
|  | | **Afternoon Session** | | | | |  | | |
| 12:00 | | 100m Decathlon | |  | Championship Final | | Open (17) | | |
| 12:40 | | 110mH (0.990 – 13.72 – 9.14) | |  | Heats | | U20 Men | | |
| 12:50 | | 110mH (1.067 – 13.72 – 9.14) | |  | Heats | | Open Men | | |
| 1:00 | | 100mH (0.840 – 13 – 8.5) | |  | Heats | | U20 Women | | |
| 1:10 | | 100mH (0.840 – 13 – 8.5) | |  | Heats | | Open Women | | |
| 1:30 | | 100mH Heptathlon | |  | Championship Final | | Open (10) | | |
| Est. 1:45 | | 200m Pentathlon | |  | Championship Final | | Masters Men (7) | | |
| Est. 1:50 | | 200m Heptathlon | |  | Championship Final | | U18 | | |
| Est. 1:55 | | 200m Heptathlon | |  | Championship Final | | U20 | | |
| Est. 2:15 | | 400m Decathlon | |  | Championship Final | | U18 | | |
| Est. 2:30 | | 400m Decathlon | |  | Championship Final | | U20 | | |
| 2:45 | | 100m | |  | Final | | Open Women | | |
|  | | 100m | |  | Final | | Open Men | | |
| 3:00 | | 400m | |  | Timed Final | | Open Women | | |
|  | | 400m | |  | Timed Final | | Open Men | | |
| 4:00 | | 100mH (0.840 – 13 – 8.5) | |  | Final | | U20 Women | | |
|  | | 100mH (0.840 – 13 – 8.5) | |  | Final | | Open Women | | |
|  | | 110mH (0.990 – 13.72 – 9.14) | |  | Final | | U20 Men | | |
|  | | 110mH (1.067 – 13.72 – 9.14) | |  | Final | | Open Men | | |
| Est. 4:25 | | 800m Pentathlon | | | Championship Final | | Masters (1) | | |
| Est. 4:30 | | 1500m Pentathlon | |  | Championship Final | | Masters Men | | |
| Est. 5:15 | | 200m Heptathlon | |  | Championship Final | | Open | | |
| Est. 5:55 | | 400m Decathlon | |  | Championship Final | | Open | | |
|  | |  | |  |  | |  | | |
|  | | **Evening Session (800m Night)** | | | | |  | | |
| 6:45 | | 800m | |  | Timed Final | |  | | |
| **Field** | **Schedule Saturday, June 15, 2019** | | | | | | | | |
|  | **Long Throws** | | **Shot Put** | | | **Long Jump** | | **Pole Vault** | **High Jump** |
| 9:00 | **Open Women (6)**  Discus – 9:00 | |  | | |  | |  |  |
| 9:15 |  | | |  | |  |  |
| 9:30 |  | | | **U18 + U20 Dec**  9:30 | |  |  |
| 9:45 |  | |  | | |  |  |
| 10:00 |  | |  | | |  |  |
| 10:15 | **Open Men (6)** Discus – 10:15 | |  | | |  | |  | **U18 Hept + Masters Pent**  Pit 1: 10:15    **U20 Heptathlon** Pit 2: 10:15 |
| 10:30 |  | | |  | |  |
| 10:45 | **U18 – U20 Decathlon**  Circle 1: U18 – 10:55  Circle 2: U20 – 10:55 | | |  | |  |
| 11:00 |  | | **Masters Men Pent** 10:55 | | **Open Men (15)**  11:00 |
| 11:15 |  | |
| 11:30 | **Open Women (1) + Men (2)** Javelin – 11:30 | |  | | |  | |  |
| 11:45 |  | | |  | |  |
| 12:00 |  | |  | | |  | |  |
| 12:15 |  | | **Heptathlon + Pent**  Circle 1: U18 & Masters 12:20 Circle 2: U20 – 12:20 | | |  | |  |
| 12:30 | **Masters Men Pent**  Pent Javelin – 12:30 | |  | | **U18 – U20 Dec**  Pit 1: U18 – 12:30  Pit 2: U20 – 12:30 |
| 12:45 | **Open Decathlon**  Flight 1: 12:50  Flight 2: 1:45 | |
| 1:00 |  | |  | | |  |
| 1:15 |  | |  | | |  |
| 1:30 |  | | **Open Women (9) + Men (4)**  **Circle 2: 1:30**    **Open Decathlon**  Circle 1: Open  Flight 1: 1:55  Flight 2: 2:50 | | |  |
| 1:45 |  | |  |  |
| 2:00 | **Open Women (4) + Men (5)** Hammer | |  |  |
| 2:15 |  | |  | **Open Heptathlon** Open – 2:15 |
| 2:30 | **Masters Pent** 2:40 | | **Open Women**  **(17)**  2:30 |
| 2:45 |  | |
| 3:00 |  | |  | |
| 3:15 | **Masters Men Pent** Pent Discus – 3:15 | |  | |
| 3:30 |  | | | **Open Women (28)**  **2 Flights**  3:30 | |  |
| 3:45 |  | |  | | |  |
| 4:00 |  | |  | | | **Open Decathlon**  Open Pit 1 – 4:00  Open Pit 2 – 4:00 |
| 4:15 |  | |  | | |
| 4:30 |  | | **Open Heptathlon**  Circle 2: Open – 4:30 | | |  |
| 4:45 |  | |  |
| 5:00 |  | |  |
| 5:15 |  | |  | | |  |  |
| 5:30 |  | |  | | |  | |  |  |
| 5:45 |  | |  | | |  | |  |  |
| 6:00 |  | |  | | |  | |  |  |
| 6:15 |  | |  | | |  | |  |  |
| 6:30 |  | |  | | | **Open Men (19)** 6:30 | |  |  |
| 6:45 |  | |  | | |  |  |
| 7:00 |  | |  | | |  |  |
| 7:15 |  | |  | | |  |  |
| 7:30 |  | |  | | |  |  |
| 7:45 |  | |  | | |  |  |
| 8:00 |  | |  | | |  | |  |  |

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| **Track** |  | **Schedule Sunday, June 16, 2019 Prep Meet Track Events** will run Fast to Slow | |  |
| **Time** | **Event** | **Check-In** | **Round** | **Age Group** |
| **7:00** | **FACILITY OPENS** |  |  |  |
|  |  |  |  |  |
|  | **Morning Session** |  | |  |
| 8:30 | 110mH Decathlon |  | Championship Final | Open |
| 8:50 | 110mH Decathlon |  | Championship Final | U20 |
| 8:55 | 110mH Decathlon |  | Championship Final | U18 |
| 10:00 | 200mH |  | Timed Final | U16 Girls |
|  | 200mH |  | Timed Final | U16 Boys |
| 10:30 | 2000m SC |  | Timed Final | U20 Women |
|  | 2000m SC |  | Timed Final | U18 Boys |
| 10:50 | 150m |  | Timed Final | U14 Girls |
|  | 150m |  | Timed Final | U14 Boys |
| 11:10 | 2000m |  | Timed Final | U16 Girls |
|  | 2000m |  | Timed Final | U16 Boys |
| 11:30 | 300m |  | Timed Final | U16 Girls |
|  | 300m |  | Timed Final | U16 Boys |
|  |  |  |  |  |
|  | **Afternoon Session** |  | |  |
| 1:00 | 400mH |  | Timed Final | Open Women |
|  | 400mH |  | Timed Final | U18-U16 Boys |
|  | 400mH |  | Timed Final | U20 Boys |
|  | 400mH |  | Timed Final | Open Men |
| 1:30 | 200m |  | Timed Final | Open Women |
|  | 200m |  | Timed Final | Open Men |
| Est. 2:30 | 800m Heptathlon |  | Championship Final | U18 |
| Est. 2:35 | 800m Heptathlon |  | Championship Final | U20 |
| Est. 3:15 | 800m Heptathlon |  | Championship Final | Open |
| 3:15 | 3000m SC |  | Timed Final | Open Women |
|  | 3000m SC |  | Timed Final | Open Men |
| 3:35 | 1500M |  | Timed Final | Open Women |
|  | 1500M |  | Timed Final | Open Men |
| Est. 7:00 | 1500m Decathlon |  | Championship Final | U18 |
| Est. 7:05 | 1500m Decathlon |  | Championship Final | U20 |
| Est. 7:10 | 1500m Decathlon |  | Championship Final | Open |

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| **Field** | **Schedule Sunday, June 16, 2019** | | | | |
|  | Long Throws | Horizontals LJ/TJ | Pole Vault | Pole Vault | High Jump |
| 9:00 |  |  |  |  |  |
| 9:15 |  |  |  |  |  |
| 9:30 | **Open Decathlon**  Discus – 9:30 |  |  |  |  |
| 9:45 |  |  |  |  |
| 10:00 | **U18 Heptathlon** Long Jump – 10:05 |  |  | **Open Men (10)** 10:00 |
| 10:15 |  |  |
| 10:30 |  |  |  |  |
| 10:45 | **U18 & U20 Decathlon** Discus – 10:50 |  |  |  |
| 11:00 | **U20 Heptathlon** Long Jump – 11:05 |  |  |
| 11:15 |  |  |
| 11:30 |  |  | **Open Decathlon**  Flight 1 – Pit 1: 11:30 |  |  |
| 11:45 |  |  |  |  |
| 12:00 | **U18 & U20 Heptathlon**  Javelin Flight 1: 12:05  Javelin Flight 2: 1:05 | **Open Heptathlon** Long Jump: 12:05 |  |  |
| 12:15 |  |  |
| 12:30 |  |  | **Open Women (10)** 12:30 |
| 12:45 |  |  |
| 1:00 |  | **U18 & U20 Decathlon**  Pit 2: 1:00 |
| 1:15 |  |
| 1:30 |  |  |
| 1:45 |  |  |  |
| 2:00 | **Open Heptathlon** Javelin – 2:00 | **Open Women (16)** Triple Jump – 2:00 |  |  |
| 2:15 |  |  |
| 2:30 |  | **Open Decathlon**  Flight 2– Pit 1: 2:35 |  |
| 2:45 |  |  |
| 3:00 | **U18 Decathlon**  Flight 1 – Javelin: 3:05 |  |
| 3:15 |  |  |
| 3:30 |  |  |  |
| 3:45 |  | **Open Men (12)** Triple Jump – 3:45 |  |
| 4:00 | **U18 & U20 Decathlon** Flight 1 – Javelin: 4:00 |  |
| 4:15 |  |
| 4:30 |  |  |  |
| 4:45 |  |  |  |  |  |
| 5:00 |  |  |  |  |  |
| 5:15 | **U18 & U20 Decathlon**  Flight 2 – Javelin: 5:10 |  |  |  |  |
| 5:30 |  |  |  |  |
| 5:45 |  |  |  |  |  |
| 6:00 | **U18 Decathlon**  Flight 2 – Javelin: 6:05 |  |  |  |  |
| 6:15 |  |  |  |  |
| 6:30 |  |  |  |  |
| 6:45 |  |  |  |  |  |