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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  |   |   |   |   |   |