

**2019 RCL District B Track and Field Schedule - JUNE 22**

**Athletes check in 15 minutes prior to event start time.**

<b>Time</b>	<b>Track Event</b>	<b>Age Group</b>	<b>Round</b>
8:30 AM	2000 m Steeple Chase	U18 B 33"; G 30"	Timed Sections
8:50 AM	1500 m Steeple Chase	U16 B 30"; G 30"	Timed Sections
9:00 AM	<b>OPENING CEREMONIES</b>		
9:20 AM	80 m Hurdles 30"	U16 G	FINALS
	100m Hurdles 30"	U18 G	FINALS
	100m Hurdles 33"	U16 B	FINALS
	110 m Hurdles 36"	U18 B	FINALS
9:45 AM	1200 m	U14 G and B	Timed Sections
10:00AM	1200 m	U16 G and B	Timed Sections
10:15 AM	1500 m	U18 G and B	Timed Sections
10:30 AM	80 m	U14 G and B	Heats
10:40 AM	100 m	U16 G and B	Heats
10:50 AM	100 m	U18 G and B	Heats
11:00 AM	100 m	Para G and B	FINALS
11:15 AM	300 m	U14 G and B	Timed Sections
11:30 AM	300 m	U16 G and B	Timed Sections
11:45 AM	400 m	U18 G and B	Timed Sections
12:00 PM	400 m	Para G and B	Timed Sections
12:10 PM	80 m and 100 m	U14, U16, U18 G and B	FINALS
<b>LUNCH BREAK</b>			
1:00 PM	200 m Hurdles	U16 G and B (30")	Timed Sections
1:20 PM	400 m Hurdles	U18 G(30"); U18 B (33")	Timed Sections
2:00 PM	2000 m	U16 G and B	Timed Sections
2:25 PM	3000 m	U18 G and B	Timed Sections
3:00 PM	150 m	U14 G and B	Timed Sections
3:15 PM	200 m	U16 G and B	Timed Sections
3:30 PM	200 m	U18 G and B	Timed Sections
3:45 PM	200 m	Para G and B	Timed Sections
3:50 PM	800 m	U14 G and B	Timed Sections
4:05 PM	800 m	U16 G and B	Timed Sections
4:25 PM	800 m	U18 G and B	Timed Sections
4:35 PM	800 m	Para G and B	Timed Sections
4:50 PM	1500 m Race Walk	U16 G and B	Timed Sections
5:00 PM	3000 m Race Walk	U18 G and B	Timed Sections
<b>Time</b>	<b>Field Event</b>	<b>Age Group</b>	
8:00 AM	Hammer	U16 G 3kg; U16 B 4kg; U18 G 3kg; U18 B 5 kg	
9:30 AM	Discus	U14 G 750 g; U16 G, U18 G; 1 kg	
9:30 AM	Shot Put	U14 B 3 kg; U16 B 4 kg; U18 B 5 kg	
9:30 AM	High Jump	U14 G; U16 G; U18 G	
9:30 AM	Triple Jump	U16 B; U18 B	
11:00 AM	Triple Jump	U16 G; U18 G	
11:00 AM	Shot Put	U14 G; U16 G; U18 G 3 kg	
11:00 AM	Javelin	U14 B 400g; U16 B 600g; U18 B 700g	
11:00 AM	POLE VAULT	U16 G; U18 G; U16 B; U18 B	
<b>LUNCH BREAK</b>			
1:00 PM	Long Jump	U14 G; U16 G; U18 G	
1:00 PM	High Jump	U14 B; U16 B; U18 B	
1:00 PM	Javelin	U14 G 400g; U16 G 500g; U18 G 500g	
2:30 PM	Discus	U14 B 750g; U16 B 1 kg; U18 B 1.5 kg	
2:30 PM	Long Jump	U14 B; U16 B; U18 B	