

DISTRICT E -OUTDOOR CHAMPIONSHIP EVENT SCHEDULE

Track Events

Order of all races is G13, G15, G17, B13, B15, B17 except hurdles (This will allow us to combine age groups without disrupting the order of competition. Also, make sure your athlete checks to see if ages will be combined. For example in the 1500m we often combine the G13 and G15 into one race.) ***Please be present by at least 8:30 am in order to register and receive your bib number***

<u>Time</u>	<u>Event</u>	<u>Event Type</u>
10:00am	1500m/2000m Steeplechase	Final
10:30am	Sprint Hurdles (order is G13, B13, G15, G17, Hep Girls, B15, B17, Hep Boys)	Timed Finals
11:00am	1200m/1500m	Timed Finals
11:30am	100m Heats/Finals	Final/Timed Finals (13 or less will run timed final)
12:00pm	300m(13 and 15) / 400m(17)	Timed Finals
LUNCH BREAK		
1:30pm	Intermediate Hurdles (200mh/ 400mh) (order is G13, B13, G15, G17, B15, B17)	Timed Finals
2:00pm	200m (includes Heptathlon 200m)	Timed Finals
2:45pm	800m	Timed Finals
3:15pm	2000m/3000m	Timed Finals
4:00pm	Heptathlon 800m	

This is a rolling schedule for the track events... We will run ahead of schedule if we are able. For example if the Sprint hurdles are done at 10:15 the 1200m/1500m will start at 10:15. Arrive at the track in plenty of time so as not to miss your event.

Field Events (Jumps) **Pole Vault is offered at this meet**

All athletes will get 6 attempts in the long and triple jumps unless there are more than 8 entries in an age group in which case only the top 8 athletes after their first 3 jumps will get an additional 3 jumps. In the high jump the athlete can continue until they have 3 consecutive misses.

Time	Long Jump	Triple Jump	High Jump	Pole Vault
10:00				All girls and boys
11:00am	All girls		All boys	
12:30am	All boys		All girls	
1:30pm		All girls		
2:45pm		All boys		

Field Events (Throws)

Time	Javelin	Shot Put	Discus
10:00am		All Girls & Boys	
11:00am			All Girls & Boys
12:00pm	All Girls & Boys		

Heptathlon

10:00am	Shot Put	2:00pm	200 m (1 st 200m heat)
10:30am	Sprint Hurdles	2:30pm	Long Jump
11:30pm	High Jump	4:00pm	800 m
12:30pm	Javelin		