

BIG ATHLETICS WEEKEND

FRIDAY, JULY 5TH

TRACK		FIELD	
TIME	EVENT	TIME	EVENT
6:00PM	W 400M - TIMED FINAL (1 HEAT)		
	M 400M - TIMED FINAL (1 HEAT)		
6:10PM	YOUTH 400M TIMED FINALS		
6:30PM	M 3000M S/C (36") (1 HEAT)		

SATURDAY, JULY 6TH

TRACK		FIELD	
TIME	EVENT	TIME	EVENT
10:00AM	W HEPTATHLON - 100M HURDLES (3 HEATS)	11:00am	W HEPTATHLON - HIGH JUMP (2 PITS)
10:30AM	M DECATHLON - 100M (3 HEATS)	11:20am	M DECATHLON - LONG JUMP (2 PITS)
10:45AM	W/M (U16) M - 100M HURDLES (1 HEAT), W - 80M HURDLES (1 HEAT)	12:30PM	M DECATHLON - SHOT PUT (2 CIRCLES)
	W/M (U16) W - 300M (2 HEATS), M - 300M (2 HEATS)	1:25PM	W HEPTATHLON - SHOT PUT (2 CIRCLES)
	W/M (U16) W - 1200M (1 HEAT), M - 1200M (1 HEAT)	1:50PM	M DECATHLON - HIGH JUMP (2 PITS)
	W/M (U16) W - 200M HURDLES (1 HEATS), M - 200M HURDLES		
	W/M (U16) M - 150M (1 HEAT)		
2:30PM	W HEPTATHLON - 200M (3 HEATS)		
3:00PM	W 100M (1 HEAT)		
	M 100M (2 HEATS)		
	W 100M HURDLES (1 HEAT)		
	M 110M HURDLES (1 HEATS)		
	W 400M - TIMED FINAL (1 HEAT)		
	M 400M - TIMED FINAL (2 HEATS)	4:00PM	W/M POLE VAULT (1 PIT)
4:10PM	M DECATHLON - 400M (3 HEATS)		W/M LONG JUMP (1 PIT)
6:00PM	W 100M - FINALS		W/M JAVELIN (1 RUNWAY)
	M 100M - A/B FINALS	6:00PM	W/M SHOT PUT (1 CIRCLE)
	M 110M HURDLES - FINALS		
	W 100M HURDLES - FINALS		
	W 800M - TIMED FINAL (1 HEAT)		
	M 800M - TIMED FINAL (1 HEAT)		
	W 200M - TIMED FINAL (1 HEAT)		
	M 200M - TIMED FINAL (2 HEATS)		

OPEN FIELD EVENTS WILL BE RUN WOMEN FOLLOWED IMMEDITLY BY MEN

SUNDAY, JULY 7TH

TRACK		FIELD	
TIME	EVENT	TIME	EVENT
9:30AM	M DECATHLON - 110M HURDLES (2 HEATS)	10:10AM	M DECATHLON - FLIGHT 1 - DISCUS (1 CIRCLE)
10:30AM	M DECATHLON - FLIGHT 2 - 110M HURDLES (2 HEATS)	11:15AM	M HEPTATHLON - LONG JUMP (1 PIT)
11:00AM	W 400M HURDLES (1 HEAT)	11:20AM	W DECATHLON - FLIGHT 2 - DISCUS (1 CIRCLE)
	M 400M HURDLES (1 HEAT)	11:40AM	M DECATHLON - FLIGHT 1 - POLE VAULT (1 PIT)
	W 200M - TIMED FINAL (1 HEAT)	12:00PM	W/M DISCUS (1 CIRCLE)
	M 200M - TIMED FINAL (2 HEATS)	12:15PM	W/M HIGH JUMP (1 PIT)
	W 1500M (1 HEAT)	1:00PM	W HEPTATHLON - JAVELIN (1 RUNWAY)
	M 1500M (1 HEAT)	1:30PM	W/M TRIPLE JUMP (1 PIT)
2:40PM	W HEPTATHLON - 800M (2 HEATS)	2:05PM	M DECATHLON - JAVELIN - FLIGHT 1 (1 RUNWAY)
5:00PM	M DECATHLON - 1500M	2:15PM	M DECATHLON - POLE VAULT - FLIGHT 2 (1 PIT)
		4:25PM	M DECATHLON - JAVELIN - FLIGHT 2 (1 RUNWAY)

OPEN FIELD EVENTS WILL BE RUN WOMEN FOLLOWED IMMEDITLY BY MEN