

SCHEDULE NOTES: PLEASE READ

GENERAL REMINDERS

- a. PLEASE NOTE THIS IS A TENTATIVE SCHEDULE. A Final Schedule will be posted online/email after registration closes.
- b. It is recommended that athletes arrive to Clement Track (Minoru Park) at least 1 HOUR before the scheduled start of their event.
- c. If time permits, the meet may run ahead of schedule. If this occurs, the meet will run no more than 20 minutes ahead.

TRACK EVENT REMINDERS

- a. Athletes will be called to the marshalling tent prior to the start of their event by the meet announcer. Each event will receive a First, Second and Final call. Please listen carefully for your event to be called.

FIELD EVENT REMINDERS

- a. Field Event athletes are asked to please check in at their event.
- b. Athletes will be called to check in for their events by the meet announcer. Please listen carefully for their event to be called. Athletes should plan to be at their event 10 minutes prior to scheduled start of their event.
- c. THROWS & HORIZONTAL JUMPS: All athletes competing in the throws and horizontal jumps events will receive 1 practice attempt (in order) and 3 competition attempts. Athletes, Coaches, and parents are reminded that there are minimum standards for measurement. Athletes will be allowed 1 (one) legal attempt under the minimum standard. All other attempts below standard will not be measured.
- d. SHOT PUT. For safety reasons, proper technique will be monitored at field events. Specifically, athletes entered in the Shot Put are reminded that the shot (implement) cannot come away from the athlete's neck during the throw. The implement (shot) must be pushed/put from the neck.
- e. HIGH JUMP. This meet will be utilizing 2 high jump pits. This will allow for the meet to run more than one high jump competition at a time or split large groups into two pits.

Please note updated events in this schedule will show in RED.

FRIDAY ***FINAL***
 MAY 26, 2023

FRIDAY TRACK EVENTS					
Time	YOB	Age	Gender	Event	Note(s)
4:00 PM	2014	9Y	Girls	1000m	Timed Final
4:15 PM	2014	9Y	Boys	1000m	Timed Final
4:30 PM	2013	10Y	Girls	1000m	Timed Final
4:45 PM	2013	10Y	Boys	1000m	Timed Final
5:00 PM	2012	11Y	Girls	1000m	Timed Final
5:15 PM	2012	11Y	Boys	1000m	Timed Final
5:30 PM	2011	12Y	Girls	1200m	Timed Final
5:45 PM	2011	12Y	Boys	1200m	Timed Final
6:00 PM	2010	13Y	Girls	1200m	Timed Final
6:15 PM	2010	13Y	Boys	1200m	Timed Final
7:00 PM	2014	9Y	Mixed	4 x 100m	Timed Final
7:10 PM	2013	10Y	Mixed	4 x 100m	Timed Final
7:20 PM	2012	11Y	Mixed	4 x 100m	Timed Final
7:30 PM	2011	12Y	Mixed	4 x 100m	Timed Final
7:40 PM	2010	13Y	Mixed	4 x 100m	Timed Final

FRIDAY *FINAL*
MAY 26, 2023

FRIDAY FIELD EVENTS					
Time	YOB	Age	Gender	Event	Note(s)
3:00 PM	2013	10Y	Boys	High Jump	Final
3:00 PM	2013	10Y	Girls	High Jump	Final
3:00 PM	2014	9Y	Boys	Shot Put	Final
4:00 PM	2011	12Y	Girls	Discus	Final
5:00 PM	2012	11Y	Boys	High Jump	Final
5:00 PM	2011	12Y	Boys	High Jump	Final
5:00 PM	2014	9Y	Girls	Long Jump	Final
5:00 PM	2012	11Y	Girls	Shot Put	Final
6:00 PM	2011	12Y	Boys	Discus	Final
7:00 PM	2013	10Y	Boys	Long Jump	Final
7:00 PM	2010	13Y	Boys	Shot Put	Final

SATURDAY *FINAL*
MAY 27, 2023

SATURDAY TRACK EVENTS					
Time	YOB	Age	Gender	Event	Note(s)
10:00 AM	2011	12Y	Girls	300m	Timed Final
10:10 AM	2011	12Y	Boys	300m	Timed Final
10:30 AM	2010	13Y	Girls	300m	Timed Final
10:40 AM	2010	13Y	Boys	300m	Timed Final
11:00 AM	2014	9Y	Girls	600m	Timed Final
11:10 AM	2014	9Y	Boys	600m	Timed Final
11:25 AM	2013	10Y	Girls	600m	Timed Final
11:35 AM	2013	10Y	Boys	600m	Timed Final
11:45 AM	2012	11Y	Girls	600m	Timed Final
11:55 AM	2012	11Y	Boys	600m	Timed Final
12:10 PM	2011	12Y	Girls	800m	Timed Final
12:20 PM	2011	12Y	Boys	800m	Timed Final
12:30 PM	2010	13Y	Girls	800m	Timed Final
12:40 PM	2010	13Y	Boys	800m	Timed Final
12:55 PM	2012	11Y	Girls	60m	Timed Final
1:05 PM	2012	11Y	Boys	60m	Timed Final
1:15 PM	2013	10Y	Girls	60m	Timed Final
1:25 PM	2013	10Y	Boys	60m	Timed Final
1:35 PM	2014	9Y	Girls	60m	Timed Final
1:45 PM	2014	9Y	Boys	60m	Timed Final
2:00 PM	2010	13Y	Girls	100m	Timed Final
2:15 PM	2010	13Y	Boys	100m	Timed Final
2:30 PM	2011	12Y	Girls	100m	Timed Final
2:45 PM	2011	12Y	Boys	100m	Timed Final
3:00 PM	2012	11Y	Girls	100m	Timed Final
3:15 PM	2012	11Y	Boys	100m	Timed Final
3:25 PM	Break				

SATURDAY *FINAL*
MAY 27, 2023

SATURDAY TRACK EVENTS (Continued)					
Time	YOB	Age	Gender	Event	Note(s)
3:30 PM	Track Rascals 50m				
4:00 PM	2014	9Y	Girls	4 x 100m	Timed Final
4:10 PM	2014	9Y	Boys	4 x 100m	Timed Final
4:20 PM	2013	10Y	Girls	4 x 100m	Timed Final
4:30 PM	2013	10Y	Boys	4 x 100m	Timed Final
4:40 PM	2012	11Y	Girls	4 x 100m	Timed Final
4:50 PM	2012	11Y	Boys	4 x 100m	Timed Final
5:00 PM	2011	12Y	Girls	4 x 100m	Timed Final
5:10 PM	2011	12Y	Boys	4 x 100m	Timed Final
5:20 PM	2010	13Y	Girls	4 x 100m	Timed Final
5:30 PM	2010	13Y	Boys	4 x 100m	Timed Final
5:40 PM	2013-10	10Y-13Y	Girls	4 x 100m	Timed Final
5:50 PM	2013-10	10Y-13Y	Boys	4 x 100m	Timed Final

SATURDAY *FINAL*

MAY 27, 2023

SATURDAY FIELD EVENTS					
Time	YOB	Age	Gender	Event	Note(s)
9:00 AM	2013	10Y	Boys	Discus	Final
9:00 AM	2011	12Y	Girls	High Jump	Final
9:00 AM	2012	11Y	Boys	Long Jump	Final
10:15 AM	2011	12Y	Boys	Shot Put	Final
11:00 AM	2012	11Y	Boys	Discus	Final
11:00 AM	2012	11Y	Girls	Long Jump	Final
12:00 PM	2011	12Y	Girls	Shot Put	Final
12:00 PM	2010	13Y	Girls	High Jump	Final
1:00 PM	2013	10Y	Girls	Discus	Final
1:00 PM	2010	13Y	Girls	Long Jump	Final
2:15 PM	2012	11Y	Boys	Shot Put	Final
3:00 PM	2012	11Y	Girls	Discus	Final
3:00 PM	2014	9Y	Girls	High Jump	Final
3:00 PM	2014	9Y	Boys	High Jump	Final
3:00 PM	2013	10Y	Girls	Long Jump	Final
4:00 PM	2010	13Y	Girls	Shot Put	Final
5:00 PM	2011	12Y	Girls	Long Jump	Final

SUNDAY *FINAL*
MAY 28, 2023

SUNDAY TRACK EVENTS					
Time	YOB	Age	Gender	Event	Note(s)
9:00 AM	2014	9Y	Girls	60m Hurdles	Timed Final
9:10 AM	2014	9Y	Boys	60m Hurdles	Timed Final
9:20 AM	2013	10Y	Girls	60m Hurdles	Timed Final
9:30 AM	2013	10Y	Boys	60m Hurdles	Timed Final
9:40 AM	2012	11Y	Girls	60m Hurdles	Timed Final
9:50 AM	2012	11Y	Boys	60m Hurdles	Timed Final
10:00 AM	2011	12Y	Girls	80m Hurdles	Timed Final
10:05 AM	2011	12Y	Boys	80m Hurdles	Timed Final
10:15 AM	2010	13Y	Girls	80m Hurdles	Timed Final
10:20 AM	2010	13Y	Boys	80m Hurdles	Timed Final
10:30 AM	2010	13Y	Girls	2000m	Timed Final
10:50 AM	2010	13Y	Boys	2000m	Timed Final
11:15 AM	2014	9Y	Girls	60m Shuttle Relay	Timed Final
11:25 AM	2014	9Y	Boys	60m Shuttle Relay	Timed Final
11:35 AM	2013	10Y	Girls	60m Shuttle Relay	Timed Final
11:45 AM	2013	10Y	Boys	60m Shuttle Relay	Timed Final
11:55 AM	2012	11Y	Girls	60m Shuttle Relay	Timed Final
12:05 PM	2012	11Y	Boys	60m Shuttle Relay	Timed Final
12:15 PM	2014	9Y	Girls	100m	Timed Final
12:25 PM	2014	9Y	Boys	100m	Timed Final
12:35 PM	2013	10Y	Girls	100m	Timed Final
12:45 PM	2013	10Y	Boys	100m	Timed Final
1:00 PM	2012	11Y	Girls	200m	Timed Final
1:10 PM	2012	11Y	Boys	200m	Timed Final
1:20 PM	2011	12Y	Girls	200m	Timed Final
1:30 PM	2011	12Y	Boys	200m	Timed Final
1:40 PM	2010	13Y	Girls	200m	Timed Final

SUNDAY TRACK EVENTS (Continued)					
Time	YOB	Age	Gender	Event	Note(s)
1:50 PM	2010	13Y	Boys	200m	Timed Final
2:10 PM	2012	11Y	Girls	1200m Relay	Timed Final
2:20 PM	2012	11Y	Boys	1200m Relay	Timed Final
2:30 PM	2011	12Y	Girls	1200m Relay	Timed Final
2:40 PM	2011	12Y	Boys	1200m Relay	Timed Final
2:50 PM	2010	13Y	Girls	1200m Relay	Timed Final
3:00 PM	2010	13Y	Boys	1200m Relay	Timed Final

SUNDAY ***FINAL***
MAY 28, 2023

FIELD EVENTS					
Time	YOB	Age	Gender	Event	Note(s)
9:00 AM	2010	13Y	Boys	High Jump	Final
9:30 AM	2014	9Y	Boys	Long Jump	Final
9:00 AM	2014	9Y	Girls	Shot Put	Final
10:00 AM	2010	13Y	Boys	Discus	Final
11:00 AM	2011	12Y	Boys	Long Jump	Final
11:00 AM	2013	10Y	Boys	Shot Put	Final
12:00 PM	2010	13Y	Girls	Discus	Final
12:00 PM	2012	11Y	Girls	High Jump	Final
12:00 PM	2013	10Y	Girls	Shot Put	Final
1:00 PM	2010	13Y	Boys	Long Jump	Final