

Friday Track

Time	Track Event	Number of Registrants
5:30	Women 1500m Race Walk Open	1
5:45	Men 1500m Race Walk Open	2
6:10	Men 200m Para-Ambulatory Open	4
6:30	Men 5000m Open	1
7:20	Men 1500m Steeplechase U16	2

Friday Field

Javelin:

Warm-Up Start Time	Event Start Time	Event	Number of Registrants
7:00 PM	7:20 PM	Open Women	8

Hammer Throw:

Warm-Up Start Time	Event Start Time	Event	Number of Registrants
4:40 PM	5:00PM	U14 / U16 / U18 Women	12
6:00 PM	6:20 PM	U14 / U16 / U18 Men	8

Open age group includes U20 and masters athletes unless otherwise specified.

Saturday Track

Time	Track Event	Number of Registrants
8:45	Women 1500m Steeplechase U16	
8:53	Men 1500m Steeplechase U16	
9:00	Women 2000m Steeplechase U18	2
9:10	Men 2000m Steeplechase U18	6
9:20	Women 100m Wheelchair Open	2
9:25	Men 100m Wheelchair Open	1
9:28	Men 100m Para-Ambulatory Open	3
9:30	Girls 100m U14	33
9:40	Boys 100m U14	14
9:50	Girls 100m U16	27
10:00	Boys 100m U16	16
10:10	Women 100m U18	9
10:20	Men 100m U18	13
10:25	Women 100m Open	5
10:28	Men 100m Open	32
10:40	Girls 60m U10	9
10:45	Boys 60m U10	5
10:50	Girls 60m U12	30
10:55	Boys 60m U12	11
10:58	Women/Men 200m Wheelchair Open*	1 male, 2 female
11:00	Break	
11:25	Girls 200m Hurdles U14	11
11:30	Boys 200m Hurdles U14	1
11:35	Girls 200m Hurdles U16	3
11:40	Boys 200m Hurdles U16	1
11:45	Women 400m Hurdles U18	5
11:50	Women 400m Hurdles Open	1
12:00	Men 400m Hurdles Open	1
12:15	Girls 1200m U16	7
12:25	Boys 1200m U16	8
12:30	Women 1500m U18	2
12:40	Men 1500m U18	5
12:45	Women 1500m Open	7
12:50	Men 1500m Open	8
12:55	Break	
13:15	Girls 100m U16 Final	8
13:18	Boys 100m U16 Final	8
13:21	Women 100m U18 Final	8
13:24	Men 100m U18 Final	8
13:27	Women 100m Open Final	8
13:30	Men 100m Open Final	8
13:35	Girls 300m U16	14
13:40	Boys 300m U16	4
13:45	Girls 800m U14	24
14:00	Boys 800m U14	9
14:10	Women 400m U18	9
14:15	Men 400m U18	12
14:20	Women 400m Open	8
14:25	Men 400m Open	10
14:35	Mix 4x100m U12	1
14:40	Girls 4x100m U12	4
14:50	Girls 4x100m U14	4
14:55	Mix/Boys 4x100m U14	2
15:05	Girls 4x100m U16	5
15:15	Women 4x100m U18/Open	5 U18, 1 Open
15:30	Men 4x100m U16/U18/Open	2 U16, 2 U18, 4 Open

Saturday Field**High Jump:****Red Mats**

<u>Warm-Up Start Time</u>	<u>Event Start Time</u>	<u>Event</u>	<u>Number of Registrants</u>
9:30 AM	10:00 AM	U14 Girls Flight 1	14
10:50 AM	11:10 AM	U16 Men	10
12:20 PM		BREAK	
1:05 PM	1:25 PM	U16 Women	9
2:25 PM	2:45	U18 / Open Men	7
END OF DAY			

Blue Mats

<u>Warm-Up Start Time</u>	<u>Event Start Time</u>	<u>Event</u>	<u>Number of Registrants</u>
9:30 AM	10:00 AM	U14 Girls Flight 2	14
10:50 AM	11:10 AM	U14 Boys	9
11:45 PM	12:05 PM	U18 / Open Women	5
END OF DAY			

Pole Vault:

<u>Warm-Up Start Time</u>	<u>Event Start Time</u>	<u>Event</u>	<u>Number of Registrants</u>
3:45 PM	4:30 PM	All Vaulters Combined	6
END OF DAY			

Turbo Javelin:

<u>Warm-Up Start Time</u>	<u>Event Start Time</u>	<u>Event</u>	<u>Number of Registrants</u>
11:40 AM	12:00 PM	Boys U10 Turbo Javelin	5
12:45 PM	1:00 PM	Girls U10 Turbo Javelin	9
END OF DAY			

Shot Put:**Regular Circle**

<u>Warm-Up Start Time</u>	<u>Event Start Time</u>	<u>Event</u>	<u>Number of Registrants</u>
8:40 AM	9:00 AM	U16 Women	11
10:00 AM	10:15 AM	U12 Girls Flight 1	15
10:40 AM	11:00 AM	U18 Women	10
11:40 AM	12:00 PM	U16 / U18 Men	7
12:30 PM		BREAK	
1:15 PM	1:35 PM	Open Women	10
END OF DAY			

Wooden Circle

<u>Warm-Up Start Time</u>	<u>Event Start Time</u>	<u>Event</u>	<u>Number of Registrants</u>
10:00 AM	10:15 AM	U12 Girls Flight 2	15
10:40 AM	11:00 AM	U12 Boys	11
END OF DAY			

Discus:

<u>Warm-Up Start Time</u>	<u>Event Start Time</u>	<u>Event</u>	<u>Number of Registrants</u>
9:10 AM	9:30 AM	U14 Boys	9
11:35 AM	11:50 AM	Open Men	5
1:55 PM	2:10 PM	U14 Girls Flight 1	13
3:00 PM	3:15 PM	U14 Girls Flight 2	13
END OF DAY			

Hammer Throw:

<u>Warm-Up Start Time</u>	<u>Event Start Time</u>	<u>Event</u>	<u>Number of Registrants</u>
4:10 PM	4:30 PM	Open Women	9
5:25 PM	5:55 PM	Open Men	9
END OF DAY			

Standing Long Jump Mat:

<u>Warm-Up Start Time</u>	<u>Event Start Time</u>	<u>Event</u>	<u>Number of Registrants</u>
1:45 PM	2:00 PM	U10 Boys	5
2:45 PM	3:00 PM	U10 Girls	9
END OF DAY			

Long/Triple Jump:**Pit 2 (100m Start)**

<u>Warm-Up Start Time</u>	<u>Event Start Time</u>	<u>Event</u>	<u>Number of Registrants</u>
8:40 AM	9:00 AM	U16 Women Long Jump Flight 1	9
9:30 AM	9:40 AM	U16 Women Long Jump Finals	8
10:20 AM	10:40 AM	U16 / U18 / Open Women Triple Jump	8
11:35 AM		BREAK	
12:20 PM	12:40 PM	U18 / Open Men Triple Jump	7
END OF DAY			

Pit 1 (200m Start)

<u>Warm-Up Start Time</u>	<u>Event Start Time</u>	<u>Event</u>	<u>Number of Registrants</u>
8:40 AM	9:00 AM	U16 Women Long Jump Flight 2	9
11:00 PM	11:25 AM	U12 Girls Long Jump Flight 1	13
11:05	12:30 AM	U12 Girls Long Jump Flight 2	13
1:10 PM		BREAK	
1:55 PM	2:15 PM	U12 Boys Long Jump	11
2:50 PM	3:10 PM	U16 Boys Long Jump	11
END OF DAY			

Open age group includes U20 and masters athletes unless otherwise specified.

Sunday Track

Time	Track Event	Number of Registrants
9:00	Girls 80m Hurdles U14	10
9:10	Boys 80m Hurdles U14	4
9:15	Girls 80m Hurdles U16	5
9:25	Women 100m Hurdles U18	7
9:30	Women 100m Hurdles Open	2
9:40	Boys 100m Hurdles U16	1
9:45	Men 110m Hurdles U18	2
9:50	Men 110m Hurdles U20/Open	1 U20, 1 Open
9:55	Break	
10:20	Girls 2000m U16	5
10:30	Boys 2000m U16	6
10:40	Girls 300m U10	7
10:45	Boys 300m U10	3
10:55	Girls 600m U12	24
11:05	Boys 600m U12	13
11:15	Women 3000m U18/Open	1
11:30	Men 3000m U18/Open	2
11:45	Girls 200m U16	28
11:55	Boys 200m U16	15
12:05	Women 200m U18	15
12:10	Men 200m U18	9
12:15	Women 200m Open	3
12:25	Men 200m Open	30
12:45	Break	
13:10	Girls 300m U14	21
13:20	Boys 300m U14	14
13:30	Girls 800m U16	9
13:40	Boys 800m U16	6
13:50	Women 800m U18/Open	3 U18, 8 Open
13:55	Men 800m U18	2
14:00	Men 800m Open	11
14:05	Girls 200m U16 Final	8
14:08	Boys 200m U16 Final	8
14:11	Women 200m U18 Final	8
14:14	Men 200m U18 Final	8
14:16	Women 200m Open Final	8
14:18	Men 200m Open Final	8
14:20	Mix Medley Relay U10	1
14:30	Girls/Boys/Mix Medley Relay U12	1 boys, 2 girls
14:40	Girls/Boys/Mix Medley Relay U14	1 boys, 1 mixed
14:50	Women Medley Relay U16/U18	4 U16, 2 U18
15:00	Men Medley Relay Open	1

Sunday Field

Shot Put

<u>Warm-Up Start Time</u>	<u>Event Start Time</u>	<u>Event</u>	<u>Number of Registrants</u>
8:40 AM	9:00 AM	U10 Girls	7
9:25 AM	9:55 AM	U14 Boys	10
10:25 AM	10:35 AM	U10 Boys	3
10:45 AM		BREAK	
1:10 PM	1:30 PM	U14 Girls Flight 1	10
2:00 PM	2:20 PM	U14 Girls Flight 2	10
2:50 PM	3:10 PM	Open Men	5
END OF DAY			

Discus

<u>Warm-Up Start Time</u>	<u>Event Start Time</u>	<u>Event</u>	<u>Number of Registrants</u>
8:30 AM	9:00 AM	U16 / U18 Men	9
11:00 AM	11:30 AM	Open Women	9
12:30 PM	12:50 PM	U16 / U18 Women	9
END OF DAY			

Javelin

<u>Warm-Up Start Time</u>	<u>Event Start Time</u>	<u>Event</u>	<u>Number of Registrants</u>
2:00 PM	2:20 PM	U16 / U18 Women	11
3:20 PM	3:40 PM	U18 Men	7
4:25 PM	4:45 PM	Open Men	9
END OF DAY			

Turbo Javelin

<u>Warm-Up Start Time</u>	<u>Event Start Time</u>	<u>Event</u>	<u>Number of Registrants</u>
8:45 AM	9:00 AM	U12 Boys	13
9:40 AM	9:55 AM	U12 Girls Flight 2	12
10:45 AM		BREAK	
12:15 PM	12:30 PM	U12 Girls Flight 1	12
END OF DAY			

Long/Triple Jump

Pit 1: 200m Long Jump

<u>Warm-Up Start Time</u>	<u>Event Start Time</u>	<u>Event</u>	<u>Number of Registrants</u>
10:10 AM	10:30 AM	U18 Men	6
11:15 AM	11:30 AM	U10 Girls	7
11:55 AM	12:15 PM	U14 Girls Flight 1	12
12:55		BREAK	
1:40 PM	1:50 PM	U10 Boys	3
2:05 PM	2:30 PM	Open Men	8
END OF DAY			

Pit 2: 100m Long Jump

Warm-Up Start Time	Event Start Time	Event	Number of Registrants
9:10 AM	9:30 AM	U14 Boys	13
10:10 AM		BREAK	
11:55 AM	12:15 PM	U14 Girls Flight 2	12
12:55 PM	1:25 PM	U18 Women	13
2:30 PM	2:50 PM	Open Women	4
END OF DAY			

Pit 3: Standing Long Jump Mat

Warm-Up Start Time	Event Start Time	Event	Number of Registrants
9:45 AM	10:00 AM	U12 Girls Flight 1	12
10:36 AM		BREAK	
12:15 PM	12:30 PM	U12 Girls Flight 2	12
1:10PM	1:40 PM	U12 Boys	13
END OF DAY			

Open age group includes U20 and masters athletes unless otherwise specified.