

Tentative Track Schedule

Time AM		Track Event	Time PM		Track Event	Event Start Time		Warm-up Start Time	Field Events - Triple Jump	Event Start Time		Warm-up Start Time	Field Events - Shotput	Event Start Time		Warm-up Start Time	Field Events - High Jump	Event Start Time		Warm-up Start Time	Field Events - Hammer
10:00	Short Hurdles Heats - Under 16 Women		12:15	400m Hurdles Timed Finals - Under 18 and Up Women		9:20	9:00	U16+ Women - Triple Jump - Pit One		9:40	9:00	U12 Boys - Shotput #1		9:20	9:00	U14 Boys - High Jump		9:20	9:00	U14+ Men- Hammer Throw	
10:02	Short Hurdles Heats - Under 16 Men		12:18	400m Hurdles Timed Finals - Under 18 and Up Men		10:20	10:00	U16+ Men - Triple Jump - Pit One		9:40	9:00	U14 Girls - Shotput #2		10:20	10:00	U16+ Women - High Jump		10:50	10:30	U14+ Women - Hammer Throw	
10:04	Short Hurdles Heats - Under 18 Women		12:21	Short Hurdles Final - Under 16 Women						10:50	10:35	U10 Boys - Shotput #2				Break					
10:06	Short Hurdles Heats - Under 18 Men		12:23	Short Hurdles Final - Under 16 Men						11:20	11:05	U10 Girls - Shotput #2		12:25	12:15	U14 Girls - High Jump					
10:08	Short Hurdles Heats - Under 20 Women		12:25	Short Hurdles Final - Under 18 Women						11:05	10:45	U12 Girls - Shotput #1		2:20	2:00	U16+ Men- High Jump					
10:10	Short Hurdles Heats - Under 20 Men		12:27	Short Hurdles Final - Under 18 Men								Break									
10:12	Short Hurdles Heats - Senior Women		12:29	Short Hurdles Final - Under 20 Women						12:35	12:15	U16+ Men - Shotput #1									
10:14	Short Hurdles Heats - Senior Men		12:31	Short Hurdles Final - Under 20 Men						12:35	12:15	U14 Boys - Shotput #2									
10:16	Clear Hurdles		12:33	Short Hurdles Final - Senior Women						2:20	2:00	U16+ Women - Shotput #1									
10:25	150m Timed Finals - Under 10 Girls		12:35	Short Hurdles Final - Senior Men																	
10:27	150m Timed Finals - Under 10 Boys		12:37	Clear Hurdles																	
10:29	150m Timed Finals - Under 12 Girls		12:50	200m Final - Under 16 Women																	
10:32	150m Timed Finals - Under 12 Boys		12:52	200m Final - Under 16 Men																	
10:35	200m Timed Finals - Under 14 Girls		12:54	200m Final - Under 18 Women																	
10:38	200m Timed Finals - Under 14 Boys		12:56	200m Final - Under 18 Men																	
10:41	200m Heats - Under 16 Women		12:58	200m Final - Under 20 Women																	
10:47	200m Heats - Under 16 Men		1:00	200m Final - Under 20 Men																	
10:50	200m Heats - Under 18 Women		1:02	200m Final - Senior Women																	
10:53	200m Heats - Under 18 Men		1:04	200m Final - Senior Men																	
10:56	200m Heats - Under 20 Women		1:06	200m Final - Masters Women																	
10:59	200m Heats - Under 20 Men		1:08	200m Final - Masters Men																	
11:01	200m Heats - Senior Women		1:10	600m Timed Finals - Under 10 Girls																	
11:03	200m Heats - Senior Men		1:14	600m Timed Finals - Under 10 Boys																	
11:05	200m Heats - Masters Women		1:18	600m Timed Finals - Under 12 Girls																	
11:07	200m Heats - Masters Men		1:22	600m Timed Finals - Under 12 Boys																	
11:10	Hurdle Set Up		1:26	800m Timed Finals - Under 14 Girls																	
11:30	Lunch		1:30	800m Timed Finals - Under 14 Boys																	
			1:34	800m Timed Finals - Under 16 and Up Women																	
			1:38	800m Timed Finals - Under 16 and Up Men																	
			End of Track for the Day																		