

Start Time	Event	
	Saturday Morning Field Session	
10:30 AM	Men CSG/Open Hammer Throw	
11:00 AM	Boys High Jump U12/U14	
11:00 AM	Woman Triple Jump CSG/Open/Masters	
11:30 AM	Women CSG/Open Hammer Throw	
12:00 PM	Men Triple Jump CSG/Open/Masters	
12:00 PM	Girls HighJump U12/U14	
12:30 PM	Boys U16/U18 Hammer Throw	
	Saturday Afternoon Field Session	
1:00 PM	Girls Triple Jump U16/U18	
1:00 PM	Boys High Jump U16/U18	
1:15 PM	Girls U16/U18 Hammer Throw	
2:00 PM	Mens/Womens CSG/Open Para Shotput	
2:00 PM	Mens/Womens Masters Hammer Throw	
3:00 PM	Men Shotput CSG/Open	
3:00 PM	Girls HighJump U16/U18	
3:00 PM	Boys Triple Jump U16/U18	
4:00 PM	Woman Shotput CSG/Open	
4:00 PM	Men Highjump CSG/Open	
4:00 PM	Girls Triple Jump U12/U14	
5:00 PM	Boys Shotput U16/U18	
	Saturday Evening Field Session	
5:00 PM	Boys Triple Jump U12/U14	
5:00 PM	Woman HighJump CSG/Open	
5:45 PM	Girls Shotput U16/U18	
6:00 PM	Men/Woman Masters Highjump	
6:30 PM	Boys and Girls Shotput U12/U14	
7:30 PM	Mens/Womens Shotput Masters	

Start Time	Event
	Saturday Morning Track Session
10:50 AM	400m CSG Heats Women
10:55 AM	400m CSG Heats Men
11:00 AM	400m U18 Timed Finals Women
11:05 AM	400m U18 Timed Finals Man
11:10 AM	400m Open/Masters Timed Finals Women
11:15 AM	400m Open Masters Timed Finals Men
11:25 AM	3000m Steeplechase (CSG/Open) Men
11:40 AM	3000m Steeplechase (CSG/Open) Women
11:55 AM	2000m Steeplechase Compiled Men (u18/masters)
12:10 AM	2000m Steeplechase Compiled Woman (u18/masters)
12:25 AM	1500m Steeplechase Compiled Men (u16/Masters)
12:40 AM	1500m Steeplechase Compiled Woman (u16/Masters)
	All 60m, 80m, and 100m races with the exception of the CSG sections will be timed finals if there are 8 or less registered athletes
1:10 PM	60m Timed Finals (U12) Girls
1:15 PM	60m Timed Finals (U12) Boys
1:20 PM	80m Timed Finals (U14) Girls
1:25 PM	80m Timed Finals (U14) Boys
1:30 PM	100m Timed Finals (U16) Girls
1:35 PM	100m Timed Finals (U16) Boys
1:40 PM	100m Timed Finals (U18) Girls
1:45 PM	100m Timed Finals (U18) Boys
1:50 PM	100m CSG Heats Women
1:55 PM	100m CSG Heats Men
2:00 PM	100m Timed Finals Open/Masters Women
2:05 PM	100m Timed Finals Open/Masters Men
2:10 PM	100m CSG Special O Timed Finals Men/Women
2:20 PM	400m CSG Finals Women
2:25 PM	400m CSG Finals Men
	Lunch 2:25 pm - 3:00 pm
	Saturday Afternoon Track Session
3:00 PM	100m CSG Wheelchair Finals Men/Women
3-315 pm	Time allotted for other finals
3:15 PM	100m CSG Finals Men
3:20 PM	100m CSG Finals Woman
3:30 PM	1000m U12 Timed Finals Girls
3:40 PM	1000m U12 Timed Finals Boys
3:50 PM	1200m U14 Timed Finals Girls
4:00 PM	1200m U14 Timed Finals Boys
4:10 PM	1200 U16 Timed Finals Girls
4:20 PM	1200 U16 Timed Finals Boys
4:30 PM	1500m U18 Timed Finals Girls
4:40 PM	1500 U18 Timed Finals Boys
4:50 PM	1500m CSG Timed Finals Woman
5:00 PM	1500m CSG Timed Finals Men
5:10 PM	1500m Open/Masters Woman
5:20 PM	1500m Open/Masters Men
5:30 PM	1500m CSG Wheelchair
	Saturday Evening Track Session
5:45 PM	400mH U18 Timed Finals Girls
5:50 PM	400mH U18 Timed Finals Boys
5:55 PM	400mH CSG Timed Finals Woman
6:00 PM	400mH CSG Timed Finals Men
6:05 PM	400mH Open/Masters Timed Finals Woman
6:10 PM	400mH Open/Masters Timed Finals Men

Start Time	Event
	Sunday Morning Track Session
9:00 AM	2000m U16 Girls Timed Finals
9:15 AM	2000m U16 Boys Timed Finals
9:30 AM	3000m U18 Girls Timed Finals
9:45 AM	3000m U18 Boys Timed Finals
10:00 AM	5000m CSG/Open/Masters Men Timed Finals
10:25 AM	5000m CSG/Open/Masters Women Timed Finals
10:55 AM	150m U12 Girls Timed Finals
11:00 AM	150m U12 Boys Timed Finals
11:05 AM	200m U14 Girls Timed Finals
11:10 AM	200m U14 Boys Timed Finals
11:15 AM	200m U16 Girls Timed Finals
11:20 AM	200m U16 Boys Timed Finals
11:25 AM	200m U18 Boys Timed Finals
11:30 AM	200m U18 Boys Timed Finals
11:35 AM	200m CSG Women Heats
11:40 AM	200m CSG Men Heats
11:45 AM	200m Open/Masters Women
11:50 AM	200m Open/Masters Men
11:55 AM	200m CSG Special O Timed Finals
	Lunch 11:55 - 12:45
	Sunday Afternoon Track Session
12:45 PM	400m CSG Wheelchair Final
12:55 PM	200m CSG Women Finals
1:00 PM	200m CSG Men Finals
1:05 PM	200m Hurdles U14 Girls Timed Finals
1:10 PM	200m Hurdles U14 Boys Timed Finals
1:30 PM	600m U12 Girls Timed Finals
1:40 PM	600m U12 Boys Timed Finals
1:50 PM	800m U14 Girls Timed Finals
2:00 PM	800m U14 Boys Timed Finals
2:10 PM	800m U16 Girls Timed Finals
2:20 PM	800m U16 Boys Timed Finals
2:30 PM	800m U18 Girls Timed Finals
2:40 PM	800m U18 Boys Timed Finals
2:50 PM	800m CSG Women Timed Finals
3:00 PM	800m CSG Men Timed Finals
3:10 PM	800m Open/Masters Women Timed Finals
3:20 PM	800m Open/Masters Men Timed Finals
	Sunday Evening Track Session
3:45 PM	110m Hurdles U18 Boys Timed Finals
3:50 PM	110m Hurdles Open/Masters Men Timed Finals
3:55 PM	110m Hurdles CSG Men Heats
4:00 PM	100m Hurdles CSG Women Heats
4:05 PM	100m Hurdles Open/Masters Women Timed Finals
4:10 PM	100m Hurdles U18 Girls Timed Finals
4:15 PM	100m Hurdles U16 Boys Timed Finals
4:20 PM	80m Hurdles U16 Girls Timed Finals
4:25 PM	80m Hurdles U14 Girls
4:30 PM	80m Hurdles U14 Boys
4:35 PM	60m Hurdles U12 Girls
4:40 PM	60m Hurdles U12 Boys
4:55 PM	100m Hurdles CSG Women Finals
5:00 PM	110m Hurdles CSG Men Finals
5:30 PM	4x100m U12 Relay
5:40 PM	4x100m U14 Relay

Start Time	Event
	Sunday Morning Field Session
9:00 AM	Women Pole Vault U16/U18/CSG/Open/Masters
8:30 AM	Girls Discus U16/U18
9:00 AM	Boys Long Jump U12/U14
9:30 AM	Boys Discus Throw U16/U18
9:50 AM	Girls Long Jump U12/U14
10:30 AM	Men Pole Vault U16/U18/CSG/Open/Masters
10:30 AM	Men Discus CSG/Open/Masters (Time and age groupings may change based on entries)
10:40 AM	Boys Long Jump U16/U18
11:30 AM	Girls Long Jump U16/U18
11:45 AM	Women Discus CSG/Open/Masters (Time and age groupings may change based on entries)
	Sunday Afternoon Field Session
1:00 PM	Woman Javelin CSG/Open/Masters
1:30 PM	Men Long Jump CSG/Open/Masters
1:30 PM	Boys and Girls Discus U12/U14
2:00 PM	Men Javelin CSG/Open/Masters
2:30 PM	Men and Women CSG/Open Para Discus
3:15 PM	Boys and Girls Javelin U12/U14
2:30 PM	Woman Long Jump CSG/Open/Masters
4:15 PM	Girls Javelin U16/U18
5:15 PM	Boys Javelin U16/U18

