

Start Time	Event	
	<b>Saturday Morning Field Session</b>	
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	
	<b>Saturday Afternoon Field Session</b>	
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	
	<b>Saturday Evening Field Session</b>	
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
	<b>Saturday Morning Track Session</b>
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
	<b>Saturday Afternoon Track Session</b>
3:00 PM	100m CSG Wheelchair Finals Men/Women
3-315 pm	<b>Time allotted for other finals</b>
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
	<b>Saturday Evening Track Session</b>
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	
	<b>Sunday Morning Track Session</b>	
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	
	<b>Sunday Afternoon Track Session</b>	
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	
	<b>Sunday Evening Track Session</b>	
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
	<b>Sunday Morning Field Session</b>
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)
	<b>Sunday Afternoon Field Session</b>
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

