

Final Schedule as of May 12 2026

*Hammer C for women and men will be partially invited/ranked events and will be limited to 12 entries. This will be the top 4 senior, top 4 U20, and top 2 athletes from U18 and U16.

If time becomes limited due to entries at any point throughout the weekend, throws may be limited to four throws instead of six.

Friday May 15

2:00 pm Shot Put A – Two Circles Men and Women (all age groups)

3:30 pm Discus A (Men all age groups)

5:00 pm Discus A (Women all age groups)

6:30 pm Hammer A (Women all age groups)

7:45 pm Hammer A (Men all age groups)

Saturday May 16

9:00 a.m. Hammer B Men (all age groups)

10:30 a.m. Hammer B Women (all age groups)

12:00 p.m. Shot Put B – two circles Men and Women (all age groups)

1:30 p.m. Discus B Women(all age groups)

3:00 p.m. Discus B Men(all age groups)

5:00 p.m. Hammer C – Women *

6:30 p.m. Hammer C – Men*

Sunday May 17

10:00 a.m. Shot Put C – Two Circles Men and Women (all age groups)

11:30 a.m. Discus C (Men all age groups)

1:00 p.m. Discus C (women all age groups)

2:30 p.m. Hammer D – Women (all age groups)

3:30 p.m. Hammer D – Men (all age groups)