

## Track Schedule

### Saturday

Time	Event
9:00	5000mRW & 1500mRW
9:30	800mRW
9:45	Sprint Hurdles
11:30	1500 m
11:50	1200m
12:30	1000m
12:45	200m Track Rascals
1:00	100m sprints
2:00	4x100m relay
3:00	400m + Track Rascals
3:30	300m

### Sunday

Time	Event
9:00	3000m
9:30	2000m
10:00	400m Hurdles
10:30	300m Hurdles
10:45	200m Hurdles
11:00	800m
11:30	600m
12:30	60m Sprint + Track Rascals
1:30	2000m Steeplechase
2:15	1500 Steeplechase
2:30	200m

## Field Events Schedule

Saturday							
	High Jump	Long Jump	Triple Jump	Hammer	Javelin	Shot Put	Pole Vault
9:45							All under 3m start
10:00	Girls U18, Open	Boys JD12	Girls JD13	Boys U18 Open	Boys JD13	Girls JD9 JD10	
11:00	Girls U16	Boys JD11		Boys JD12 JD13	Boys U16	Girls U18 Open	
12:00	Girls JD9 JD10	Boys JD13	Girls U18 Open	Girls U16	Boys U18 Open	Girls JD11	
1:00	Girls JD13	Boys U18 Open	Girls U16	Boys U16	Boys JD10	Girls JD12	
2:00	Girls JD11	Track Rascals Triple Jump Pit		Girls JD12 JD13	Boys JD11	Girls U16	
2:30		Boys U16					
3:00	Girls JD12	Boys JD9 JD10		Girls U18 Open	Boys JD12	Girls JD13	
Sunday							
	High Jump	Long Jump	Triple Jump	Discus	Javelin	Shot Put	
9:00				Girls JD12 JD13		Boys U16	
10:00	Boys U18, Open	Girls JD11	Boys JD13	Girls U16 U18 Open	Girls JD13	Boys JD9 JD10	
11:00	Boys U16	Girls JD12		Girls JD10 JD11	Girls U16	Boys U18 Open	
12:00	Boys JD9 JD10	Girls JD13	Boys U18 Open	Boys U16	Girls U18 Open	Boys JD11	
1:00	Boys JD13	Girls U16	Boys U16	Boys JD10 JD11	Girls JD10	Boys JD12	
2:00	Boys JD11	Girls U18 Open		Boys JD12 JD13	Girls JD11	Track Rascals	
3:00	Boys JD12	Girls JD9 JD10		Boys U18 Open	Girls JD12	Boys JD13	

**Note:** These schedules are subject to change until the close of registration. We will attempt to notify registered athletes by email of any changes. It is the responsibility of all involved to check the posted schedule to ensure they have the most up to date Information.