

2014 Track Schedule

Friday Steeplechase 6:30 pm (1500M, 2000M, 3000M)

Racewalk 7:30pm (3000m)

Heptathlon Friday 5:45pm 100m Hurdles, 8:15pm 200M

Saturday 800 meters 2:15pm

Track Events Order Wheelchair, Masters- 2005, Women then Men

Saturday	3000/2000M (13+)	Sprint Hurdles	200M* Heats	60M* Heats	800/600M Finals	60M Finals	200M Finals
	8:30am	9:45am	12:00pm	2:45pm	3:30pm	4:15pm	4:45pm
Sunday	Distance Hurdles	1500/1200M 1000M	100 M* Heats	Little Rascals Races	4 X100M Relays	100M Finals	400/300M
	8:45am	9:30am	11:15am	1:30pm	1:45pm	2:30pm	3:15pm

4 X100 relays are competed in the following age groups, Youth-Open, 14-15, 12-13, 9-11

LITTLE RASCALS (Age 6,7,8) ball throw, hurdles, standing long jump and 50 meters starts

Sunday 11:30 am on infield

IMPORTANT NOTES

SPRINT HURDLES WILL RUN 110M, 100M, 80M, 60M HIGHEST TO LOWEST HEIGHTS

NO MASTER'S HURDLES

DISTANCE HURDLES WILL RUN 400M, 300M, 200M, HIGHEST TO LOWEST HEIGHTS

*** IF THERE IS 8 RUNNERS OR LESS, EVENT WILL GO TO FINALS DURING HEATS**

**** WHEELCHAIR 400 METERS WILL TAKE PLACE AFTER 4 x100'S**

2014 Field Schedule

Birth	High Jump	Long Jump	Triple Jump	Pole Vault	Shot-Put	Discus	Hammer	Javelin
05 Girls 9	Sun.9:00 A	Sat 1:00 B			Sun.8:30A			
05 Boys 9	Sun.10:00A	Sun.12:30B			Sun.2:00			
04 Girls 10	Sat.11:30B	Sat.1:15A			Sun.1:00	Sat.3:15		Sun.3:00
04 Boys10	Sun.12:00B	Sat.8:30 A			Sat.10:00	Sun.1:15		Sun.9:15
03 Girls 11	Sat.8:45 A	Sat.2:00B			Sat.12:00	Sat.3:15		Sun.3:45
03 Boys11	Sun.12:30A	Sat.9:00 B			Sat. 2:30	Sat.12:45		Sun.830
02 Girls 12	Sun.1:45 B	Sat.10:15B			Sat.1:15	Sat.8:30	Sun.8:30	Sat. 3:45
02 Boys12	Sat .9:00 B	Sat.11:45B			Sat. 3:45	Sat.9:30	Sun.2:15	Sun.10:15
01 Girls 13	Sat.10:15 B	Sun.12:00A	Sun.10:00A	Sat.1:30	Sun.12:00	Sat.8:30	Sun.8:30	Sat.3:45
01 Boys 13	Sun.10:15B	Sat.2:00A	Sun.11:00A	Sat.9:00	Sat.4:45	Sat.9:30	Sun.9:45	Sun. 2:15
Midget Girls (99-00)	Sun.2:30A	Fri.7:00 A	Sun.1:00A	Sat.1:30	Sat 11:00	Sat.1:45	Sun.12:15	Sat. 2:30
Midget Boys (99-00)	Sun.11:30A	Sat.3:00B	Fri.7:00 B	Sat.9:00	Sat. 8:45	Sun.2:15	Fri. 5:00	Sun. 1:30
Youth W (97-98)	Sun.1:30 B	Sat.12:15A	Sun.9:30B	Sat.1:30	Sun.3:00	Sat.1:45	Sun.10:45	Sat. 10:30
Youth M (97-98)	Sat.12:45 A	Sat.9:45A	Sun.10:30B	Sat.9:00	Sun.9:30	Sat.11:30	Fri. 5:00	Sun.12:00
Jr./Open M	Sat.12:45 A	Sat. 2:45A	Sun.11:30B	Sat.9:00	Sun 9:30	Sat.11:30	Fri. 5:00	Sun.12:00
Jr./Open W	Sun 1:30 B	Sat.12:15A	Sun.9:30 B	Sat.1:30	Sun.3:00	Sat. 1:45	Sun.10:45	Sat. 10:30
Women's Heptathlon	Fri.6:30A	Sat.10:30A			Fri.7:30			Sat. 12:00
Master W.	Sat.1:00B	Sat.3:30 A	Sun 1:30B	Sat.1:30	Sun 3:00	Sat.4:00	Fri. 6:30	Sat. 10:30
Master M.	Sat.10:15A	Sat.11:30A	Sun 9:00A	Sat.9:00	Sun.12:30	Sun 3:00	Fri. 7:30	Sat.9:30
Master M.W	Weighted Throw	Fri. 4:00	Discus Circle					
Para-Throws					Fri. 7:00 Shot Put Tie Down Circle	Sat.10:30 Tie Down Discus Circle		Sat.4:45 Tie Down Discus Circle