



Outdoor Schedule

"Parents | Athletes | Coaches | Clubs"

PACKET PICKUP	COACHES ZOOM MEETING	TRACK OPENS/CLOSES	FIELD EVENTS	RUNNING EVENTS
6:30am Event Day @ the venue/facility	Thursdays prior to event day at 9:00pm	Opens: 6:45am Closes at 7:45am	First Call: 8:00am Starts: 8:30am	First Call: 8:00am Start: 8:30am

RUNNING EVENTS	GENDER	AGE
1500M <i>(Timed Final)</i>	Girls/Boys	7 – 18
100M <i>(Semi-Finals)</i>	Girls/Boys	6U – 18 Years-old
80M Hurdles <i>(Timed Final)</i>	Girls/Boys	11 – 12 Years-old
100M Hurdles Dash <i>(Timed Final)</i>	Girls/Boys	13/14 Girls- 13/14 Boys, 15-18 Girls
110M Hurdles <i>(Timed Final)</i>	Boys	15 – 18 Years-old
400M <i>(Timed Final)</i>	Girls/Boys	7 – 18 Years-old
55M Dash <i>(Timed Final)</i>	Girls/Boys	6 & under
4x100M Relay <i>(Timed Final)</i>	Girls/Boys	9 – 18 Years-old
100M SIGNATURE SHOWCASE <i>(Finals)</i>	Girls/Boys	6U – 18 Years-old
3000M <i>(Timed Final)</i>	Girls/Boys	11 – 18 Years-old
800M <i>(Timed Final)</i>	Girls/Boys	7 – 18 Years-old
200M <i>(Timed Final)</i>	Girls/Boys	6U – 18 Years-old

FIELD EVENTS	GENDER	AGE
High Jump	Girls/Boys	9 – 18 Years-old
Long Jump	Girls/Boys	6U – 18 Years-old
Shot Put	Girls/Boys	7 – 18 Years-old
Discus	Girls/Boys	11 – 18 Years-old

FIELD EVENTS WILL BE CONTESTED WITH 3 ATTEMPTS. DISTANCE RACES WILL BE COMBINED AGE GROUPS AND GENDER.