



Outdoor Schedule

“Parents | Athletes | Coaches | Clubs”

PACKET PICKUP	COACHES ZOOM MEETING	TRACK OPENS/CLOSES	FIELD EVENTS	RUNNING EVENTS
6:00am Event Day @ the venue/facility	Thursdays prior to event day at 9:00pm	Opens: 6:00 am Closes at 7:20 am	First Call: 7:30am Starts: 8:00am	First Call: 7:00am Start: 7:30am

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

FIELD EVENTS	GENDER	AGE
High Jump	Girls/Boys	9 – 18 Years-old
Long Jump	Girls/Boys	18-6U Years-old
Triple Jump	Girls/Boys	13-18 Year-old
Shot Put	Girls/Boys	18-7 Years-old
Discus	Girls/Boys	11 – 18 Years-old
Javelin	Girls/Boys	13 – 18 Years-old
Turbo Javelin	Girls/Boys	7 – 12 Years-old
Pole Vault	Girls/Boys	13-18 Year-old

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

JAVELIN WILL FOLLOW TURBO JAVELIN.