



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: 8:30am Start: 9:00am

RUNNING EVENTS	GENDER	AGE
1500M (Timed Final)	Girls/Boys	7 – 18 Years-old
100M (Semi-Finals)	Girls/Boys/Women/Men	(Reverse Order) Open-6U
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/Women/Men	7 – Open
55M Dash (Timed Final)	Girls/Boys	6 & Under
4x100M Relay (Timed Final)	Girls/Boys	9 – 18 Years-old
3000M (Timed Final)	Girls/Boys	11 – 18 Years-old
100M SIGNATURE SHOWCASE (Final)	Girls/Boys	6U – 18 Years-old
800M (Timed Final)	Girls/Boys/Women/Men	7 – Open
200M (Timed Final)	Girls/Boys/Women/Men	6U – Open

FIELD EVENTS	GENDER	AGE
High Jump	Girls/Boys	9 – 18 Years-old
Long Jump	Girls/Boys	6U- 18 Years-old
Shot Put	Girls/Boys	(Reverse Order) 18- 7 Years-old
Discus	Girls/Boys	11 – 18 Years-old
Turbo Javelin	Girls/Boys	7 – 12 Years-old
Javelin	Girls/Boys	(After the Turbo Javelin) 13-18 Years old

FIELD EVENTS WILL BE CONTESTED WITH 3 ATTEMPTS.

******* DISTANCE RACES WILL BE COMBINED AGE GROUPS AND GENDER *******