



Showcase Indoor Schedule

"Parents | Athletes | Coaches | Clubs"

PACKET PICKUP	COACHES ZOOM MEETING	TRACK OPENS/CLOSES	FIELD EVENTS	RUNNING EVENTS
Saturday & Sunday 6:45AM	Thursday before event at 9:00pm	Saturday & Sunday Opens: 7:00 am Closes at 8:30am	Saturday & Sunday First Call: 7:30am Starts: 8:00am	Saturday & Sunday First Call: 8:30am Start: 9:00am
SATURDAY RUNNING EVENTS		GENDER	AGE	
1500M <i>(Timed Final)</i>		Girls/Boys	7 – 18 Years old	
60M Hurdles <i>(Timed Final)</i>		Girls/Boys	11 – OPEN	
60M Dash <i>(Semi-Final)</i>		Girls/Boys	6U – OPEN	
1500M Racewalk <i>(Timed Final)</i>		Girls/Boys	9 – 12 Years old	
4x200M Relay <i>(Timed Final)</i>		Girls/Boys	7 – 18 Years old	
800M <i>(Timed Final)</i>		Girls/Boys	7 – OPEN	
200M <i>(Semi-Final)</i>		Girls/Boys	6U – OPEN	
SATURDAY FIELD EVENTS		GENDER	AGE	
High Jump		Girls/Boys	9 – OPEN	
Long Jump		Girls/Boys	6U – 12 Year old	
Shot Put		Girls/Boys	OPEN – 7 Years old	
SUNDAY RUNNING EVENTS		GENDER	AGE	
3000M Run <i>(Timed Final)</i>		Girls/Boys	11- 18 Years old	
60M Dash <i>(Timed Final)</i>		Girls/Boys	6U-OPEN	
400M <i>(Timed Final)</i>		Girls/Boys	6U-OPEN	
300M <i>(Final)</i>		Girls/Boys	OPEN	
3000M Racewalk <i>(Timed Final)</i>		Girls/Boys	13-18 Years old	
200M <i>(Final)</i>		Girls/Boys	6U-OPEN	
4x400M Relay <i>(Timed Final)</i>		Girls/Boys	9 – 18 Years old	
SUNDAY FIELD EVENTS		GENDER	AGE	
Long jump		Girls/Boys	13 Year old-OPEN	
Triple Jump		Girls/Boys	12 Years old – OPEN	

Field events will be contested with 3 attempts.

WILL COMBINE AGE GROUPS & GENDER FOR DISTANCE RACES