



Showcase 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
80M/100M/110M Hurdles <i>(Timed Final)</i>	Girls/Boys	11 – OPEN
100M Dash <i>(Semi-Final)</i>	Girls/Boys	6U – OPEN
1500M Racewalk <i>(Timed Final)</i>	Girls/Boys	9 – 12 Years old
4x100M Relay <i>(Timed Final)</i>	Girls/Boys	7 – 18 Years old
800M <i>(Timed Final)</i>	Girls/Boys	6U – 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
Discus	Girls/Boys	11-OPEN
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
400M Dash <i>(Timed Final)</i>	Girls/Boys	6U-OPEN
55M Dash <i>(Timed Final)</i>	Girls/Boys	6U
100M Dash Showcase <i>(Final)</i>	Girls/Boys	6U-OPEN
3000M Racewalk <i>(Timed Final)</i>	Girls/Boys	13-18 Years old
200/400M Hurdles <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
Turbo Javelin	Girls/Boys	7 – 12 Years old
Javelin	Girls/Boys	OPEN-13 Years old
Long jump	Girls/Boys	13 Year old-OPEN
Triple Jump	Girls/Boys	12 Years old – OPEN

Field events will be contested with 3 attempts. WE WILL COMBINE AGE GROUPS & GENDER FOR DISTANCE RACES