



Showcase Schedule

"Parents | Athletes | Coaches | Clubs"

PACKET PICKUP	COACHES ZOOM MEETING	TRACK OPENS/CLOSES	FIELD EVENTS	RUNNING EVENTS
Saturday 7AM	Thursday before event at 9:00pm	Saturday Opens: 7:30 am Closes at 8:45 am	Saturday First Call: 8:30am Starts: 9:00am	Saturday 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>(Timed Final)</i>	Girls/Boys	6U – OPEN
400M Dash <i>(Timed Final)</i>	Girls/Boys	8U-OPEN
300M Dash <i>(Timed Final)</i>	Girls/Boys	OPEN
4x200M Relay <i>(Timed Final)</i>	Girls/Boys	7 – 18 Years old
3000m Run <i>(Timed Final)</i>	Girls/Boys	11-OPEN
800M <i>(Timed Final)</i>	Girls/Boys	8U – OPEN
200M <i>(Timed 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

Long Jump and Shot Put will be contested with 3 attempts.

*****WILL COMBINE AGE GROUPS & GENDER FOR DISTANCE RACES*****