

MEET SCHEDULE

Running Event Finals (9am Start – Rolling schedule)

60m Hurdles	Age 11 - 18
800m	Age 7 – 18
4x200m Relay	Age 7 – 18
1600m Run	Age 13 - 18
60m Dash	Age 5 – 18
Race Walk	Age 7 – 18
400m	Age 7 – 18
1600m	Age 7 - 12
200m	Age 5 - 18
4x400m Relay	Age 7 - 14

All running events will be finals with heats against times.

Field Event

9:00 SHOT PUT

Flight 1:	15-18 Boys (12lb)
Flight 2:	15-18 Girls; 13-14 Boys (4kg)
Flight 3:	13-14 Girls (6 lb)
Flight 4:	11-12 Girls (6 lb)
Flight 5:	9 – 10 Girls (6 lb)
Flight 6:	9-12 Boys (6 lb)
Flight 7:	7-8 Girls and Boys (2kg)

11:30 am HIGH JUMP

Flight 1:	13-18 Boys
Flight 2:	13-18 Girls
Flight 3:	9 – 12 Boys and Girls

9:00 am POLE VAULT

Flight 1:	All Age Groups
-----------	----------------

8:30 am LONG/TRIPLE JUMP

PIT A

Flight 1:	17-18 Girls
Flight 2:	15-16 Girls
Flight 3:	13-14 Girls
Flight 4:	Triple Jump All Age Group
Flight 5:	11-12 Girl
Flight 6:	9-10 Girls

Pit B

Flight 1:	15-18 Boys
Flight 2:	13-14 Boys
Flight 3:	11-12 Boys
Flight 4:	9-10 Boys
Flight 5:	7-8 Boys and Girls
Flight 6:	6 and Under Boys and Girls

All events will follow age group order with all women age groups competing prior to men, beginning with the oldest participant's age group down to open. Field Events will have ONLY 3 attempts except in high jumps and pole vaults. There competition rules apply.