

TRACK AND FIELD EVENT Meet Schedule

9:00 AM	400 Meter Hurdles (36")	Boys Age 15 yrs and Up	(1 heat)
	400 Meter Hurdles (30")	Girls Ages 15yrs and Up	(1 heat)
	200 Meter Hurdles (30")	13 – 14 yr Division	(1 heat)
	3000 Meter Run	Age 11 and up	(Section 1: All Girls + 11 Boys) (Section 2: 12U and Older)
	100 Meter Dash	13 – 18 yr, Open and Masters	
	1500 Meter Race Walk	13 – 18 yr, Open and Masters	(1 heat)
	400 Meter Dash	13 – 18 yr, Open and Masters	
	1500 Meter Run	13 – 18 yr, Open and Masters	(Section 1: All Girls) (Section 2: 13-14 Boys) (Section 3: 15 – 18 Boys)
	4x100 Meter Relay	13 – 18 yr, Open and Masters	(1 heat)
	800 Meter Run	11 – 18 yr, Open and Masters	
	110 Meter Hurdles	Boys 15 yrs and up	
	100 Meet Hurdles	Girls 13 yrs and up, Boys 13-14	
	80 Metter Hurdles	Ages 11 and 12	
	200 Meter Dash	13- 18 yrs, Open and Masters	
	4x400 Meter Relay	13–18 yrs, Open and Masters	
	100 Meter Dash	12 and Under	
	1500 Meter Run	9 – 12 yrs	
	400 Meter Dash	7 – 12 yrs	
	4x100 Meter Relay	7 – 12 yrs	
	800 Meter Run	7 – 10 yrs	
	200 Meter Dash	12 yrs and Under	
	1500 Meter Race Walk	7 – 12 yrs	
	4x400 Meter Relay	7 – 12 yrs	

Field Event Finals (Younger to Older)

9:00 AM	Long Jump Pit A	Flight 1:	Open, Masters, 17-18, 15-16 Boys
		Flight 2	13-14 Boys
		Flight 3	11-12 Boys
		Flight 4	10 year Boys
		Flight 5	9 year Old Boys
		Flight 6	7-8 Boys

Long Jump Pit B	Flight 1: Open, Masters, 17-18, 15-16 Girls
	Flight 2: 11-14 Girls
	Flight 3: 7 – 10 Girls
	Flight 4: 6U Boys and Girls

Triple Jump	All Ages to be competed after Long Jump
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Shot Put	Flight 1: Open, Masters, 13–18 Girls
	Flight 2: Open Masters 13-18 Boys
	Flight 3: 10U Boys and Girls
	Flight 4: 11-12 Boys and Girls

Discus	Flight 1: Open, Masters, 13–18 Boys,
	Flight 2: Open, Masters 13-18 Girls
	Flight 3: 11-12 Boys and Girls

After Completion of Discus

Turbo Javelin	Flight 1: 12U Boys
	Flight 2: 12U Girls

After Completion of Turbo Javelin

Javelin	Flight 1: Open, Masters, 13 – 18 yrs Girls
	Flight 2: Open, Masters, 13 – 18 yrs Boys

09:00 AM Pole Vault	13-18 Boys and Girls
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11:00 AM High Jump	9 yrs on up
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Field Events will be contested with each entry having three (3) attempts except for high jumps. The competition rules apply. No Finals, event awards are based on top competitors in each age division. All events will follow the order stipulated.