

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
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

11:00 AM High Jump 9 yrs on up

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.