



GATES OPEN 7:30AM
SCHEDULE OF EVENTS
8:30AM – 10:30AM FIELD EVENTS

HIGH JUMP (STARTS W/ 8U)

THERE WILL BE FOUR PITS AVAILABLE FOR LONG JUMP /TRIPLE JUMP

LONG JUMP @ SMALL PITS (STARTS WITH 12U, 10U, 8U)

LONG JUMP @LARGE PITS (STARTS 16U, 18U, 14U)

*** 16U LONG JUMP WILL MOVE IMMEDIATELY AFTER
SHOT PUT (10U-18U) – DISCUS (14U-18U)

8:45 AM 3200M RUN (14U, 16U, 18U)

9:30 AM

80M HURDLES (12U GIRLS & BOYS ONLY)

100M HURDLES (14U, 16U, 18U GIRLS)

110M HURDLES (14U, 16U, 18U BOYS)

10:30 AM

50M DASH (6U & 8U ONLY)

11:00 AM – RUNNING ROLLING SCHEDULE - ALL AGES GROUPS

4 X 100M RELAY (8U & UP)

800M RUN (8U & UP)

100M DASH (ALL AGE GROUPS)

400M DASH (8U & UP)

300M HURDLES (14U, 16U, 18U)

200M DASH (8U & UP)

1600M RUN (10U, 12U, 14U, 16U, 18U)

4 X 400M RELAY (10U, 12U, 14U, 16U, 18U)