

ORDER OF EVENTS:

8:30AM – Open & Masters

Field Events*

(4 attempts in LJ, TJ, SP and WT)

Athlete must Check-in with event official 30 minutes before event.

Females followed by Males and will combine if possible.

Pole Vault

High Jump

Long & Triple Jump

(Open pit 8:30 – 10:15)

Weight Toss followed by Shot Put

***No checkout time for Field Events**

Running Events

3000m Run

55m Hurdles

55m Dash

1500m Run

400m Dash

800m Run

200m Dash

3000m Race walk – ALL AGE

GROUPS/ALL DIVISIONS

1500M Race walk - YOUTH

Approximately 10:00 start time

11:00AM – Youth Meet

Field Events*

(3 attempts in all Field Events except High Jump and Pole Vault)

Athlete must Check-in with event official 30 minutes before your field event.

***No checkout time for Field Events.**

Pole Vault 10:00AM Start

1st flight Coed 7ft.,

2nd flight Coed 10ft.

High Jump 1st Flight 14 & under,
2nd flight 15-18

Long Jump (Pit 1) Coed Youngest to Oldest

Triple Jump (Pit 2) Coed Oldest to Youngest

Weight Toss followed by Shot Put

Running Events (Girls followed by Boys, youngest to oldest)

3000m Run

55m Hurdles

55m Dash

1600/1500m Run

400m Dash

800m Run

200m Dash

****** Ambulatory Para Athletes will participate with all Able-bodied athletes in their respective age groups for both Track and Field events. All Seated throwers will compete in the Shot and/or Club between the Open and Masters throws and the Youth Division throws. ******