

SCHEDULE OF EVENTS: MULTI-EVENTS

DAY ONE – THURSDAY, JUNE 27, 2013

All events will be contested approximately 30 minutes after the preceding event is completed. The 30 minute rest period will include rest, food, measuring steps, and warm-up. Athletes competing in both multi-events and track and field events will be issued only one race number for all events.



TIME	EVENT	Boys							Girls								
		9 Year Old	10 Year Old	11 Year Old	12 Year Old	13 Year Old	14 Year Old	15 – 16 Year Olds	17 – 18 Year Olds	9 Year Old	10 Year Old	11 Year Old	12 Year Old	13 Year Old	14 Year Old	15 – 16 Year Olds	17 – 18 Year Olds
2:00pm	Decathlon (Day 1) 100M, LJ, SP, HJ, 400M							X									
	Triathlon HJ, SP, 400M	X	X														
2:30pm	Decathlon (Day 1) 100M, LJ, SP, HJ, 400M																
	Triathlon HJ, SP, 200M							X	X	X	X						
3:00pm	Heptathlon (Day 1) 100M H, HJ, SP, 200M														X		
3:30pm	Heptathlon (Day 1) 100M H, HJ, SP, 200M																X

SCHEDULE OF EVENTS: MULTI-EVENTS

DAY TWO – FRIDAY, JUNE 28, 2013

All events will be contested approximately 30 minutes after the preceding event is completed. The 30 minute rest period will include rest, food, measuring steps, and warm-up. Athletes competing in both multi-events and track and field events will be issued only one race number for all events.



TIME	EVENT	Boys							Girls								
		9 Year Old	10 Year Old	11 Year Old	12 Year Old	13 Year Old	14 Year Old	15 - 16 Year Olds	17 - 18 Year Olds	9 Year Old	10 Year Old	11 Year Old	12 Year Old	13 Year Old	14 Year Old	15 - 16 Year Olds	17 - 18 Year Olds
10:00am	Decathlon (Day 2) 110M H, DT, PV, JAV, 1500M							X									
	Heptathlon (Day 2) LJ, JAV, 800M														X		
10:30am	Decathlon (Day 2) 110M H, DT, PV, JAV, 1500M																
	Heptathlon (Day 2) LJ, JAV, 800M																X
11:00am	Pentathlon 100M H, LJ, HJ, SP, 800M												X	X			
11:15am	Pentathlon 80M H, HJ, SP, LJ, 800M										X	X					
3:00pm	Pentathlon 100M H, LJ, HJ, SP, 1500M					X	X										
3:15pm	Pentathlon 80M H, HJ, SP, LJ, 1500M			X	X												

SCHEDULE OF EVENTS: RACEWALK/3000M

DAY TWO – FRIDAY, JUNE 28, 2013

Events will be run according to the timing below from youngest to oldest divisions, girls before boys. Divisions may be combined at the discretion of the meet director to produce a heat with sufficient numbers. Awards are still awarded per division regardless of combined heats.

(P) = Preliminary – Top 8 runners advance to final round; (TF) Timed Final; (F) Final

NOTE:

Racewalk events may be combined across all age groups.

3000M Run may be combined across age groups by gender.



TIME	EVENT	Boys									Girls								
		8 & Under	9 Year Old	10 Year Old	11 Year Old	12 Year Old	13 Year Old	14 Year Old	15 - 16 Year Olds	17 - 18 Year Olds	8 & Under	9 Year Old	10 Year Old	11 Year Old	12 Year Old	13 Year Old	14 Year Old	15 - 16 Year Olds	17 - 18 Year Olds
1:30pm	Steeplechase (TF)								X	X								X	X
5:00pm	1500M Racewalk(TF)		X	X	X	X						X	X						
5:30pm	3000M Racewalk(TF)						X	X	X						X		X	X	X
6:00pm	3000M Run (TF)				X	X	X	X	X				X	X	X	X	X	X	X

SCHEDULE OF EVENTS: TRACK EVENTS

DAY THREE – SATURDAY, JUNE 29, 2013

Events will be run according to the timing below from youngest to oldest divisions, girls before boys. Divisions may be combined at the discretion of the meet director to produce a heat with sufficient numbers. Awards are still awarded per division regardless of combined heats.

(P) = Preliminary – Top 8 runners advance to final round; (TF) Timed Final; (F) Final

ATHLETES MUST CHECK-IN 30 MINUTES PRIOR TO THE LISTED TIME OR FACE DISQUALIFICATION.



TIME	EVENT	Boys							Girls										
		8 & Under	9 Year Old	10 Year Old	11 Year Old	12 Year Old	13 Year Old	14 Year Old	15 - 16 Year Olds	17 - 18 Year Olds	8 & Under	9 Year Old	10 Year Old	11 Year Old	12 Year Old	13 Year Old	14 Year Old	15 - 16 Year Olds	17 - 18 Year Olds
8:00am	4x800M Relay (TF)					X		X	X	X					X		X	X	X
9:00am	110M Hurdles (P)								X	X									
9:10am	100M Hurdles (P)						X	X								X	X	X	X
9:30am	80MHurdles (P)				X	X								X	X				
9:45am	100M Dash (P)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Noon	400M Dash (TF)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
2:00pm	200M Hurdles (TF)						X	X								X	X		
2:30pm	400M Hurdles (TF)								X	X								X	X
3:00pm	200M Dash (P)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

SCHEDULE OF EVENTS: TRACK EVENTS

DAY FOUR – SUNDAY, June 30, 2013

Events will be run according to the timing below from youngest to oldest divisions, girls before boys. Divisions may be combined (with the exception of final rounds) at the discretion of the meet director to produce a heat with sufficient numbers. Awards are still awarded per division regardless of combined heats.

(P) = Preliminary – Top 8 runners advance to final round; (TF) Timed Final; (F) Final

ATHLETES MUST CHECK-IN 30 MINUTES PRIOR TO THE LISTED TIME OR FACE DISQUALIFICATION.



TIME	EVENT	Boys									Girls								
		8 & Under	9 Year Old	10 Year Old	11 Year Old	12 Year Old	13 Year Old	14 Year Old	15 - 16 Year Olds	17 - 18 Year Olds	8 & Under	9 Year Old	10 Year Old	11 Year Old	12 Year Old	13 Year Old	14 Year Old	15 - 16 Year Olds	17 - 18 Year Olds
8:00am	1500M Run (TF)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
9:30am	110m Hurdles (F)								X	X									
9:45am	100m Hurdles (F)						X	X								X	X	X	X
10:00am	80m Hurdles (F)				X	X								X	X				
10:30am	100M Dash (F)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Noon	800M Run (TF)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
2:00pm	4x100M Relay (TF)	X		X		X		X	X	X	X		X		X		X	X	X
3:30pm	200M Dash (F)	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
4:15pm	4x400M Relay (TF)			X		X		X	X	X			X		X		X	X	X

SCHEDULE OF EVENTS: FIELD EVENTS

DAY THREE – SATURDAY, JUNE 29, 2013

The following abbreviations are used in the table below for the six field events contested on this day.

DT – Discus

JAV – Javelin

HJ – High Jump

LJ – Long Jump

SP – Shot Put

PV – Pole Vault



TIME	Boys									Girls								
	8 & Under	9 Year Old	10 Year Old	11 Year Old	12 Year Old	13 Year Old	14 Year Old	15 - 16 Year Olds	17 - 18 Year Olds	8 & Under	9 Year Old	10 Year Old	11 Year Old	12 Year Old	13 Year Old	14 Year Old	15 - 16 Year Olds	17 - 18 Year Olds
8:00am						LJ	JAV							SP	SP	DT	HJ	
						JAV		HJ						LJ		PV	DT	
8:30am	TJ																	
9:00am		TJ	TJ	TJ	TJ						TJ	TJ	TJ	TJ				
10:00am						SP	LJ	DT							JAV	HJ		
							SP	HJ	DT					JAV	LJ		PV	
Noon							DT	LJ	SP						HJ	JAV		
						DT	HJ	SP						PV		LJ	JAV	
2:00pm								JAV	LJ					HJ	DT		SP	
						HJ			JAV					DT	PV	SP	LJ	
3:00pm	TRIPLE JUMP FOR ALL DIVISIONS																	

SCHEDULE OF EVENTS: FIELD EVENTS

DAY FOUR – SUNDAY, June 30, 2013

The following abbreviations are used in the table below for the four field events contested on this day. Competitors should be prepared to report up to 30 minutes prior to the listed time following the first event of the morning in the event that a division completes competition early.

DT – Discus

TJ – Turbo Javelin

HJ – High Jump

LJ – Long Jump

SP – Shot Put

PV – Pole Vault



TIME	Boys									Girls								
	8 & Under	9 Year Old	10 Year Old	11 Year Old	12 Year Old	13 Year Old	14 Year Old	15 - 16 Year Olds	17 - 18 Year Olds	8 & Under	9 Year Old	10 Year Old	11 Year Old	12 Year Old	13 Year Old	14 Year Old	15 - 16 Year Olds	17 - 18 Year Olds
8:00am	SP	HJ	HJ		LJ					SP			DT	LJ				
9:00am		SP	SP			PV	PV				HJ	HJ		DT				
9:30am				DT									LJ					
				LJ														
10:00am	LJ				DT					LJ	SP	SP	HJ	HJ				
10:30am				TJ	TJ			PV										
11:00am			LJ	HJ	HJ							LJ	SP	SP				
Noon		LJ		SP	SP				PV		LJ							