

event is completed. The 30-minute rest period will include rest, food, measuring steps, and warm-up. Be ready. Time limit between attempts will be strictly enforced.

1/8 INCH SPIKES WILL BE RIGORIOUSLY ENFORCED.

**FRIDAY June 26, 2015 –Track Events – 8:00AM – Rolling Schedule;
Beginning with the Multi Events (Decathlon 100M)**

3000M Run (11B,11G, 12B, 12G, 13B, 13G, 14B,14G,15-16B,15-16G, 17-18B,17-18G)	
FINAL	
3000M Race walk (13B, 13G, 14B, 14G, 15-16B, 15-16G, 17-18B, 17-18G)	FINAL
1500 M Race walk (11B, 11G, 12B, 12G)	FINAL
3200 M Relay (12B, 12G, 13B, 13G, 14B, 14G, 15-16B, 15-16G, 17-18B, 17-18G)	FINAL
400 M Hurdles (15-16G, 17-18G, 15-16B, 17-18B)	FINAL
200 M Hurdles (13G, 14G 13B, 14B)	FINAL
200 M Dash (All Divisions)	SEMI

SATURDAY June 27, 2015 – Track Events - 8:00AM - Rolling Schedule

Decathlon (9am): Day 2 – 110m Hurdles, Discus Throw, Pole Vault, Javelin and 1500m

Heptathlon (9am): Day 2 - Long Jump, Javelin (600g) and 800m

2000 M Steeplechase (15-16B, 15-16G, 17-18B, 17-18G)	FINAL
400 M Relay (All Divisions)	FINAL
1500 M Run (All Divisions)	FINAL
100 M Dash (All Divisions)	SEMI
110 M Hurdles (IB, YM)	SEMI
110 M Hurdles (Multi-Event Only)	
100 M Hurdles (13G, 13B, 14G, 14B, 15-16G, 17-18G)	SEMI
80 M Hurdles (11G, 12G, 11B, 12B)	SEMI

400 M Dash (8-UG, 8-UB, 9G, 9B, 10G,10BB, 11G, 11B, 12G, 12B) FINAL

400 M Dash (13G, 13B, 14G, 14B, 15G-16G, 15B-16B, 17G-18G, 17B-18B) SEMI

1500 M Run (Multi-Event Only)

800 M Run (Multi Event Only)

1/8 INCH SPIKES WILL BE RIGORIOUSLY ENFORCED.

Multi-Events May effect the events order, for they must be ran in accordance with the time requirement of the event.

SATURDAY June 27, 2015- Field Events - 8AM

Discus (15-16G, 15-16B, 17-18W, 17-18M, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B)

Long Jump (8&UG, 8&UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18W, 17-18M)

High Jump (9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B)

Shot-Put (10G, 10B, 11G, 11B, 12G, 12B, 13G, 13B, 14G, 14B, 8-UG, 8-UB, 9G, 9B)

Pole Vault (13B, 14B, 15-16B, 17-18M)

1/8 INCH SPIKES WILL BE RIGORIOUSLY ENFORCED.

*******IN ORDER CALLED. NO OPEN PIT*******

SUNDAY June 28, 2015 Track Events – 8:00AM – Rolling Schedule

400 Meter Hurdles (15G-16G,17G-18G, 15B-16B, 17B-18B)

FINAL

200 Meter Hurdles (13G, 14G, 13B, 14B)	FINAL
110 Meter Hurdles (15-16B, 17-18B)	FINAL
100 Meter Hurdles (SYG, SYB, YG, YB, IG, YW)	FINAL
80 Meter Hurdles (11G, 12G, 11B, 12B)	FINAL
400 Meter Dash (13G, 13B, 14G, 14B, 15G, 16B, 17G-18G, 17B-18B)	FINAL
100 Meter Dash (All Divisions)	FINAL
800 Meter Dash (All Divisions)	FINAL
200 Meter Dash (All Divisions)	FINAL
1600 Meter Dash Relay (All Divisions)	FINAL

SUNDAY June 28, 2015- FIELD EVENTS – 8:00AM

Pole Vault (17-18G, 15-16G, 14G, 13G)

Triple Jump (13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-16G, 17-18B)

High Jump (15-16G, 15-16B, 17-18G, 17-18B)

Shot Put (15-16G, 15-16B, 17-18G, 17-18B)

Javelin (13G, 13B, 14G, 14B, 15-16G, 15-16B, YW, YM) - **Rubber Tipped Javelin Only**

Turbo-Jav (8-UG, 8-UB, 9G, 9B, 10G, 10B, 11G, 11B, 12G, 12B)

1/8 INCH SPIKES WILL BE RIGORIOUSLY ENFORCED.

******* IN ORDER CALLED NO OPEN PIT*******

COACHES MEETING FRI, SAT and SUN 7:30 AM

A track and field meet can start one hour early or late. The Games Committee has no obligation to schedule meet events to the pleasure of those attempting multiple event entry.

- **Packet Pick up:** Veterans Memorial Stadium, Fri.7am – 2pm Sat. 7am – 1pm and Sun.7am – 12pm Events will not be delayed for athletes picking up packets late. One coaches credential per (six) registered athletes, max (five) coach's bands per team.

- **General Admission:** Spectators \$6.00 per day (Six and under Free) \$15/3 day pass