



THURSDAY - JUNE 23, 2016

RUNNING EVENTS

8:00 AM	3000 (F)	11G, 12G, 13G, 14G, 15-16G	11B, 12B, 13B, 14B, 15-16B
	1500RW (F)	9G, 10G, 11G, 12G	9B, 10B, 11B, 12B
	3000RW (F)	13G, 14G, 15-16G, 17-18G	13B, 14B, 15-16B, 17-18B

FIELD EVENTS

8:00 AM	High Jump	17-18B, 17-18G, 15-16G, 15-16B
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MULTI-EVENTS

9:30 AM	Decathlon	15-16B, 17-18B	100M, LJ, HJ, 400M
	Heptathlon	15-16G, 17-18G	100H, HJ, SP, 200M
	Pentathlon	13B, 14B	100H, SP, HJ, LJ, 1500M
	Pentathlon	13G, 14G	100H, SP, HJ, LY, 800M

FRIDAY- JUNE 24, 2016

MULTI-EVENTS

8:00 AM	Decathlon	15-16B, 17-18B	110H, DT PV, JT, 1500M
	Heptathlon	15-16G, 17-18G	LJ, JT, 800M
	Pentathlon	11G, 12G	80H, SP, HJ, LJ, 800M
	Pentathlon	11B, 14B	80H, SP, HJ, LJ, 1500M
	Triathlon	9B, 10B	HJ, SP, 400M
	Triathlon	9G, 10G	HJ, SP, 200M

FIELD EVENTS

9:00 AM										
Shot Put	17-18G	15-16G	17-18B	15-16B						
Turbo Javelin	8 & UG	8 & UB	9G	9B	10G	10B	11G	11B	12G	12B

RUNNING EVENTS – 9:00 A.M.

100 Meters (S)	8&U G&B, 9G & B, 10G & B, 11G & B, 12G & B, 13G & B, 14G & B, 15-16G & B, 17-18G & B
4 X 800R (F)	11-12G & B, 13-14G & B, 15-16G & B, 17-18G & B
4 X 100R (S)	8 & U G&B, 9-10G & B, 11-12G & B, 13-14G & B, 15-16G & B, 17-18G & B

SATURDAY - JUNE 25, 2016

RUNNING EVENTS – 8:00 A.M.

200H (F)	13G, 14G, 13B, 14B
400H (F)	15G, 16G, 15B, 16B
400Meters (F)	8&U G&B, 9G & B, 10G & B, 11G & B, 12G & B, 13G & B, 14G & B, 15-16G & B, 17-18G & B
1500 Meters (F)	8&U G&B, 9G & B, 10G & B, 11G & B, 12G & B, 13G & B, 14G & B, 15-16G & B, 17-18G & B
200 Meters (S)	8&U G&B, 9G & B, 10G & B, 11G & B, 12G & B, 13G & B, 14G & B, 15-16G & B, 17-18G & B
4 X 100R (F)	8 & U G&B, 9-10G & B, 11-12G & B, 13-14G & B, 15-16G & B, 17-18G & B

FIELD EVENTS

7:00 AM									
Discus	13G	14G	13B	14B	15-16B	15-16G	17-18G	15-16B	17-18B

8:00 AM						
Long Jump Pit 1	17-18B	15-16B	14B	13B		
Long Jump Pit 2	17-18G	15-16G	14G	13G		
High Jump	14G	13G	14B	13B		
Shot Put	13B	14B	13G	14G		
Triple Jump Pit 1	17-18B	15-16B	14B	13B		
Triple Jump Pit 2	17-18G	15-16G	14G	13G		

***Triple Jump will be contested immediately following the 17-18G and 17-18B Long Jump.**

SUNDAY - JUNE 26, 2016

RUNNING EVENTS - 8:00 a.m.

110H (F)	15-16B, 17-18B
100H (F)	13B, 14B, 13G, 14G, 15-16G, 17-18G
80H (F)	11G, 12G, 11B, 12B
100M (F)	8&U G&B, 9G & B, 10G & B, 11G & B, 12G & B, 13G & B, 14G & B, 15-16G & B, 17-18G & B
Steeplechase (F)	15-16G, 17-18G, 15-16B, 17-18B
800M (F)	8&U G&B, 9G & B, 10G & B, 11G & B, 12G & B, 13G & B, 14G & B, 15-16G & B, 17-18G & B
200 Meters (F)	8&U G&B, 9G & B, 10G & B, 11G & B, 12G & B, 13G & B, 14G & B, 15-16G & B, 17-18G & B
4 X 400R (F)	9-10G & B, 11-12G & B, 13-14G & B, 15-16G & B, 17-18G & B

FIELD EVENTS

7:00 AM									
Javelin	13G	14G	13B	14B	15-16B	15-16G	17-18G	15-16B	17-18B

8:00 AM										
Long Jump Pit 1	12B	11B	10B	9B	8 & UB					
Long Jump Pit 2	12G	11G	10G	9G	8 & UG					
High Jump	9G	9B	10G	10B	11G	12G	11B			12B
Shot Put	11B	12B	11G	12G	9G	10G	9B	10B	8&UG	8&UB
Pole Vault	13-14G	15-16G	17-18G	13-14B	15-16B	17-18B				

9:00 AM				
Discus	11B	12B	11G	12G