

Region 16 T&F

Friday, June 24

11:00 AM Liston Stadium (Baker University)-- STEEPLECHASE ONLY
 2000 Steeplechase Timed Final 15/16 17/18G 15/16 17/18B

6:00 PM or 30 minutes after CE Lawrence Free State

DT	15/16G	17/18G
TJ	13/14 15/16G	13/14 15/16B
PV	All Boys	All Girls
TURBO	9G	10G

1500RW Timed Final	9/10/11/12G&B
3000RW Timed Final	13/14/15/16/17/18G&B
200 Prelims	All Ages

Saturday, June 25

7:30 AM

LJ#1	8&UG	9G
LJ#2	8&UB	9B
HJ#1	13B	14B
HJ#2	13G	14G
SP#1	15/16G	17/18G
SP#2	10B	10G
DT	13B	14B
JT & Turbo	11G	12G

3000	11& Over
80H Prelims	11/12G 11/12B
100H Prelims	13/14/15/16/17/18G 13/14B
110H Prelims	15/16/17/18B
100 Prelims	All Ages
200H Timed Final	13/14G 13/14B
400H Timed Final	15/16/17/18G 15/16/17/18B
4x100 Timed Final	All Ages
4x800 Timed Final	11/12 & Over

Sunday, June 26

7:30 AM

LJ#1	13G	14G
LJ#2	13B	14B
HJ#1	9G	10G
HJ#2	9B	10B
SP#1	8&UG	11G
SP#2	8&UB	11B
DT	12G	12B
JT	14G	14B

1500	All Ages
80H Final	11/12G 11/12B
100H Final	13/14/15/16/17/18G 13/14B
110H Final	15/16/17/18B
100 Final	All Ages
400 Timed Final	All Ages
800 Timed Final	All Ages
200 Final	All Ages
4x400 Timed Final	9/10 & Over

Y

15/16B

17/18B
17/18G

9B

10B

8&UG

8&UB

10G

11G

12G

10B

11B

12B

15/16B

17/18B

15/16G

17/18G

15/16B

17/18B

9B

9G

13G

14G

11B

12B

13G

13B

15/15G	17/18G		
15/16B	17/18B		
11G	12G		
11B	12B		
12G	13G	14G	
12B	13B	14B	
11G	11B		
15/16G	15/16B	17/18G	17/18B