


Day One: SCHEDULE OF TRACK & FIELD EVENTS

All Running events will start at the designated time listed each day. All events with the exception of the 100m & 200m, will be contested as TIMED FINALS. Top 9 in field Events Advance to Finals. Nine(9) or le athletes will have 4 attempts only in all Field Events.

		Girls										Boys															
		8u years	9 years	10 years		11 years	12 years		13 years	14 years		15-16 years	17-18 years	8u years	9 years	10 years		11 years	12 years		13 years	14 years		15-16 years	17-18 years		
1:00pm	400m Timed Finals	X	X	X		X	X								X	X	X		X	X							
	4x800m Relay (Age Groups Combined by Gender)						X			X									X				X	X			
	1500m Run	X	X	X		X	X								X	X	X		X	X							
1:00pm	Triple Jump											4th	3rd										4th	3rd		2nd	1st


Day 2: SCHEDULE OF FIELD EVENTS

Top 9 in Field Events advance to Finals. Nine(9) or less athletes will have 4 attempts only in all Field Events.

		Boys											Girls															
		8u years	9 years	10 years		11 years	12 years		13 years	14 years		15-16 years	17-18 years	8u years	9 years	10 years		11 years	12 years		13 years	14 years		15-16 years	17-18 years			
12:00pm	Discus Throw											3rd	1st													4th	2nd	
1:00pm	Long Jump												1st													1st	2nd	3rd
2:00pm	Javelin											4th	3rd												4th	3rd	2nd	1st


Day 2: SCHEDULE OF TRACK & FIELD EVENTS

All Running Events will start at the designated time listed each day. All events, with the exception of the 100m & 200m, will be contested as TIMED FINALS

		Girls										Boys														
		8u years	9 years	10 years		11 years	12 years		13 years	14 years		15-16 years	17-18 years	8u years	9 years	10 years		11 years	12 years		13 years	14 years		15-16 years	17-18 years	
1:00pm	1500m Race-Walk (groups combined)		X	X		X	X								X	X										
	3000m Race Walk (groups combined)								X	X		X	X								X	X		X	X	
2:30pm	800m								X	X		X	X								X	X		X	X	
	100m Prelims	X	X	X		X	X							X	X											
	200m Prelims								X	X		X	X								X	X		X	X	


Day 3: SCHEDULE OF TRACK EVENTS

All Running Events will start at the designated time listed each day All event, with the exception of the 100m & 200m, will be contested as TIMED FINALS

		Girls										Boys													
		8u years	9 years	10 years		11 years	12 years		13 years	14 years		15-16 years	17-18 years	8u years	9 years	10 years		11 years	12 years		13 years	14 years		15-16 years	17-18 years
8:00am	3000m (groups may be combined)					X	X		X	X		X	X					X	X		X	X		X	X
	110m Hurdles																							X	X
	100m Hurdles								X	X		X	X					X	X						
	80m Hurdles					X	X										X	X							
	100m Prelims								X	X		X	X					X	X		X	X		X	X
	200m Hurdles Timed Finals								X	X								X	X						
	400m Hurdles Timed Finals											X	X										X	X	
	200m Prelims	X	X	X		X	X							X	X										
	400m Timed Finals								X	X		X	X					X	X		X	X		X	X

Day 4: SCHEDULE OF TRACK EVENTS

All Running Events will start at the designated time listed each day. All events, with the exception of the 100m & 200m, will be contested as TIMED FINALS

		Girls										Boys												
		8u years	9 years	10 years		11 years	12 years		13 years	14 years		15-16 years	17-18 years	8u years	9 years	10 years		11 years	12 years		13 years	14 years		15-16 years
9:00am	100m Finals	X	X	X		X	X		X	X		X	X	X	X		X	X		X	X		X	X
	800m	X	X	X		X	X							X	X									
	4x100m Relay	X		X			X			X		X	X	X		X			X			X	X	
	1500m (age groups may be combined)								X	X		X	X					X	X			X	X	
	200m Finals	X	X	X		X	X		X	X		X	X	X	X		X	X		X	X		X	X
	4x400m Relay			X			X			X		X	X			X			X			X	X	