

Meet Schedule

9:00 AM	3000 Meter Run	Age 13 and up
	400 Meter Hurdles (36")	Boys Age 15 yrs and Up
	400 Meter Hurdles (30")	Girls Ages 15yrs and Up
	200 Meter Hurdles (30")	13 – 14 yr Division
	4x800 Meter Relay	Age 13 yrs and up
	100 Meter Dash	All Ages
	100 Meter Dash	Parents/Coaches
	50 Meter Dash	5 and under
	1500 Meter Race Walk	Age 9 yrs and up
	400 Meter Dash	Age 7 yrs and up
	1500 Meter Run	Age 9 yrs and up
	4x100 Meter Relay	All Ages
	4x100 Meter Relay	Parents/Caches
	800 Meter Run	Age 9 yrs and up
	110 Meter Hurdles	Boys 15 yrs and up
	100 Meet Hurdles	Girls 13 yrs and up, Boys 13-14
	80 Metter Hurdles	Ages 11 and 12
	200 Meter Dash	All Ages
	4x400 Meter Relay	Age 7 yrs and up

All events will follow order stipulated. All running events will be finals with heats against times. If limited participants in respective age groups then meet director reserve to right to combine heats, however awards and scoring will be done based on age groups.

Field Event Finals

9:00 AM	Long Jump	5 yrs on up
	High Jump	9 yrs on up
	Javelin	13 yrs and up
	Shot Put	7 yrs and up
After Completion of Javelin		
	Turbo Javelin	7 – 12 yrs
After Completion of Turbo Javelin		
	Discus	11 yrs and up
After Completion of Long Jump		
	Triple Jump	13 yrs and up

Field Events will be contested with each entry having three (3) attempts with exception of high jumps. The competition rules apply. No Finals, event awards are based on top competitors in each age division. All events will follow order stipulated.