

### Track & Field Schedule

Friday, August 3							
	Entry	TRACK	EVENT		Entry	FIELD	EVENT
TIME		EVENT	AGE GROUP	TIME		EVENT	AGE GROUP
				8:30 AM		High Jump	9-14 G KSG
						High Jump	9-14 B KSG
				8:30 AM		Pole Vault	13-18 G KSG
							combined
				10:30 AM		Long Jump	9-14 G KSG
						Long Jump	9-14 B KSG
							Flight and/or
							combined
				11:00 AM		Javelin	13-14 G KSG
11:15 AM		100m	9-14 G KSG			Javelin	13-14 B KSG
11:30 AM		100m	9-14 B KSG				
11:50 AM		100m hurdles	13-14 G KSG				
11:55 AM		100m hurdles	13-14 B KSG				
12:00 PM		80m hurdles	11-12 G KSG				
12:05 PM		80m hurdles	11-12 B KSG				
12:15 PM		1500m	9-14 G KSG				
12:30 PM		1500m	9-14 B KSG	12:30 PM		Pole Vault	13-18 B KSG
							combined
				1:00 PM		Triple Jump	13-14 G KSG
						Triple Jump	13-14 B KSG
							combined
				1:00 PM		Discus	13-14 G KSG
1:25 PM		400m	9-14 G KSG			Discus	13-14 B KSG
1:40 PM		400m	9-14 B KSG				combined
2:00 PM		800m	9-14 G KSG				
2:15 PM		800m	9-14 B KSG				
2:35 PM		200m	9-14 G KSG	2:30 PM		Shot Put	9-14 G KSG
						Shot Put	9-14 B KSG
2:50 PM		200m	9-14 B KSG				Flight and/or
							combined

**Track & Field Schedule, continued**

			Saturday, August 4				
	Entry	TRACK	EVENT		Entry	FIELD	EVENT
TIME		EVENT	AGE GROUP	TIME		EVENT	AGE GROUP
						All Flighted and or combined	
				8:30 AM		Shot Put	15-18 B KSG
8:30 AM		3000m	15-18 G KSG	8:30 AM		High Jump	15-18 G KSG
8:45 AM		3000m	15-18 B KSG			High Jump	15-18 B KSG
						5 Alive	
			Track Events				
			may be combined	8:30 AM		Javelin	15-18 G KSG
				8:30 AM		Long Jump	15-18 G KSG
15-16 & 17-18	MUST	USE THE BLOCKS					
9:30 AM		100m	15-18 G KSG				
9:40 AM		100m	15-18 B KSG				
9:55 AM		100m hurdles	15-18 G KSG				
10:05 AM		110m hurdles	15-18 B KSG				
10:25 AM		1500m	15-18 G KSG				
10:35 AM		1500m	15-18 B KSG				
10:40 AM		400m	15-18 G KSG				
10:55 AM		400m	15-18 B KSG				
				11:00 AM		Javelin	15-18 B KSG
11:10 AM		800m	15-18 G KSG	11:00 AM		Discus	15-18 G KSG
11:20 AM		800m	15-18 B KSG	11:00 AM		Long Jump	15-18 B KSG
11:40 AM		400m hurdles	15-18 B KSG				
12:00 PM		400m hurdles	15-18 G KSG				
12:25 PM		200m	15-18 G KSG				
12:35 PM		200m	15-18 B KSG				
				1:00 PM		Triple Jump	15-18 G KSG
				1:00 PM		Shot Put	15-18 G KSG
				1:30 PM		Discus	15-18 B KSG
				2:30 PM		Triple Jump	15-18 B KSG
				3:00 PM		Hammer	15-18 G KSG
						Hammer	15-18 B KSG

**Track & Field Schedule, continued**

Sunday, August 5							
	Entry	TRACK	EVENT		Entry	FIELD	EVENT
TIME		EVENT	AGE GROUP	TIME		EVENT	AGE GROUP
7:30 AM		3000m	19-99 Women				
		5000m	19-99 Men	8:00 AM		Shot Put	50-99 Men
			may be combined	8:00 AM		Hammer	19-99 Women
8:30 AM		1500m RW	19-99 Women	8:30 AM		Triple Jump	19-99 Women
		1500m RW	19-99 Men	8:30 AM		Pole Vault	19-99 Women
			Separate	8:30 AM		Shot Put	19-99 Women
				8:30 AM		Discus	19-49 Men
				8:30 AM		Javelin	50-99 Men
				9:30 AM		Javelin	19-99 Women
9:30 AM		100m	19-99 Women	9:30 AM		Triple Jump	19-99 Men
10:00 AM		100m	19-99 Men				flighted
10:35 AM		110m hurdles	19-49 Men				
10:55 AM		100m hurdles	50-69 Men	10:00 AM		Pole Vault	19-99 Men
11:05 AM		100m hurdles	19-39 Women	10:00 AM		Shot Put	19-49 Men
11:15 AM		80m hurdles	40-59 Women	10:30 AM		Discus	19-99 Women
11:25 AM		80m hurdles	70-79 Men	10:00 AM		Long Jump	19-99 Women
11:35 AM		1500m	19-99 Women	11:30 AM		Discus	50-99 Men
11:55 AM		1500m	19-99 Men	11:00 AM		Long Jump	19-99 Men
12:15 PM		400m	19-99 Women				flighted
12:30 PM		400m	19-99 Men	11:30 AM		Javelin	19-49 Men
12:45 PM		800m	19-99 Women				
1:00 PM		800m	19-99 Men	1:00 PM		Hammer	19-99 Men
1:15 PM		400m hurdles	19-99 Women				
1:30 PM		400m hurdles	19-99 Men				
1:45 PM		300m hurdles	19-99 Women				
2:00 PM		300m hurdles	19-99 Men				
2:00 PM		200m	19-99 Women				
2:30 PM		200m	19-99 Women				