

Schedule of Events

Start times are listed below. Meet will be a rolling schedule. It is up to the coaches, athletes, and parents to pay attention to what's going on at all times.

8:00 a.m.

Packet/Bib # Pickup – Coaches will have your Bib # if you are with a club. If you are unattached, you can pick it up at Registration.

8:30 a.m. Field Events

Long Jump

8 & Under G/B 9-10 G/B, 11-12 G/B, 13-14 G/B 15-18 G/B & Master
Will Start at 3'0" and raise the bar in 2" increments – come in at the height you need to. Get marks before we begin and let officials know when you are coming in so you can get your warm-ups in

High Jump

Shot Put

8 & Under G/B, 9-14 G & 9-12B, 13-14 B & 15-18 G, 15-18 B & Masters
15-18 B & Master, 13-18 G & 13-14 B, 11-12 G/B, 8-10 G/B

Javelin

8:30 a.m. Track Event

3000m Run

11-12 G/B, 13-14 G/B, 15-16 G/B, 17-18 W/M, Open/Masters

110m Hurdles

15-16B(39"), 17-18M(39"), Open/Masters

100m Hurdles

15-16G(33"), 17-18W(33"), 13-14B(33"), 13-14G(30"), Open/Masters

80m Hurdles

11-12G(30"), 11-12B(30")

100m Dash

All Age Divisions - 8 & under G/B – 17-18 W/M, Open/Masters

1500m Run

All Age Divisions - 8 & under G/B – 17-18 W/M, Open/Masters

4x100m Relay

All Age Divisions - 8 & under G/B – 17-18 W/M, Open/Masters

400m Dash

All Age Divisions - 8 & under G/B – 17-18 W/M, Open/Masters

800m Run

All Age Divisions - 8 & under G/B – 17-18 W/M, Open/Masters

200m Dash

All Age Divisions - 8 & under G/B – 17-18 W/M, Open/Masters

4x400m Relay

All Age Divisions - 8 & under G/B – 17-18 W/M, Open/Masters

200m Hurdles

13-14G(30"), 13-14B(30")

400m Hurdles

15-16B(36"), 17-18M(36"), 15-16G(30"), 17-18W(30"), Open/Masters