



## 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	2nd	3rd											1st	2nd	3rd		
2:00pm	Javelin												4th	3rd	2nd	1st											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			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 FIELD EVENTS

All Field Events will begin at 8:00am and will be on a rolling schedule. Listen to announcements for calls to your Field Event. Any athlete who does not check-in before their designated flight starts will be scratched from the event. Field Event athletes who have a conflict with a running event will be released by the Field Event official - ONLY - at the appropriate time. Field Event athletes will have 10 minutes to report back to their Field Event after their running event and be ready to compete.


Long Jump, Triple Jump, Shot Put, Discus and Javelin will be contested with three preliminary jumps or throws and the top 8 will qualify for the finals with the three additional jumps or throws.

		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	LJ 1													1st	2nd	3rd										
	LJ 2																	1st	2nd		3rd					
	HJ 1		1st	2nd		3rd	4th																			
	HJ 2													1st	2nd		3rd	4th								
	SP 1	1st	2nd	3rd		4th																				
	SP 2													1st	2nd	3rd		4th								
	POLE VAULT																				1st	2nd		3rd	4th	
	DISCUS									1st	3rd										2nd	4th				



### 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	X
	1500m (age groups may be combined)								X	X		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	X