

ATHLETICS SCHEDULE

NOTE: Please report to Track & Field staging 30 Minutes prior to scheduled time of event.

Saturday May 25, 2019

<u>Event</u>	<u>Age</u>	<u>Time</u>	<u>Sex</u>	<u>Event</u>	<u>Age</u>	<u>Time</u>	<u>Sex</u>
400M Race	ALL	8:00 AM	All	Stand Long Jump	16-21	8:00 AM	F
400M Race (Pentathlon)	22-29	8:00 AM	M	Stand Long Jump	8-11	8:15 AM	F
400M Walk	ALL	8:15 AM	ALL	Stand Long Jump	12-15	8:30 AM	F
200M Race	16-21	8:30 AM	M	Stand Long Jump	22-29	9:00 AM	F
200M Race	22+	9:00 AM	M	Stand Long Jump	30+	9:15 AM	F
200M Race (Pentathlon)	22-29	9:00 AM	M	Stand Long Jump	22-29	9:45 AM	M
200M Race	8-15	9:30 AM	M	Stand Long Jump	8-11	10:00 AM	M
200M Race	ALL	9:45 AM	F	Stand Long Jump	12-15	10:15 AM	M
25M Asst. Walk	ALL	10:00 AM	ALL	Stand Long Jump	30+	10:45 AM	M
25M All W/C Races	ALL	10:15 AM	ALL	Stand Long Jump	16-21	1:15 PM	M
25M Walk	ALL	10:30 AM	F	Running Long Jump	ALL	2:00 PM	M
25M Walk	ALL	11:00 AM	M	RLJ (Pentathlon)	22-29	2:00 PM	M
BREAK ALL 11:15AM – 1:00PM				Running Long Jump	ALL	2:00 PM	F
25M Dash	8-11	1:15 PM	F	High Jump (Pentathlon)	ALL	2:30 PM	ALL
25M Dash	22-29	1:15 PM	F	Tennis Ball Throw	ALL	3:00 PM	ALL
25M Dash	30+	1:15 PM	F	Shot Put (Pentathlon)	22-29	3:00 PM	M
25M Dash	22+	1:30 PM	M	Softball Throw	22-29	8:15 AM	M
25M Dash	8-21	1:45 PM	M	Softball Throw	12-15	8:30 AM	M
25M Dash	12-21	2:00PM	F	Softball Throw	8-11	9:15 AM	M
100M W/C Race	ALL	2:00 PM	ALL	Softball Throw	16-21	9:45 AM	M
100M Walk	ALL	2:15 PM	F	Softball Throw	8-11	10:15 AM	F
100M Walk	ALL	2:30 PM	M	Softball Throw	30-up	10:30 AM	F
100M Race	ALL	3:00 PM	F	Softball Throw	22-29	10:45 AM	F
100M Race	8-15	3:15 PM	M	Softball Throw	16-21	1:15 PM	F
100M Race	16-21	3:30 PM	M	Softball Throw	12-15	1:30 PM	F
100M Race	22-29	3:45 PM	M	Softball Throw	30-up	1:45 PM	M
100M Race	30+	4:15 PM	M	Mini Javelin	ALL	3:00 PM	ALL

Sunday May 26, 2019

<u>Event</u>	<u>Age</u>	<u>Time</u>	<u>Sex</u>
Shot Put	ALL	8:00 AM	F
Shot Put	30-up	8:15 AM	M
Shot Put	22-29	8:30 AM	M
Shot Put	16-21	9:00 AM	M
Shot Put	12-15	9:15 AM	M
800M Walk & Run	ALL	8:00 AM	ALL
50M Walk	ALL	8:30 AM	F
50M Walk	ALL	9:00 AM	M
50M Race	ALL	9:15 AM	F
50M Race	ALL	10:00 AM	M
4x100M Relay	ALL	10:45 AM	ALL
4X100M Unified Relay	ALL	10:45 AM	ALL