

Saturday June 29, 9:00am rolling schedule (estimated times below)

9:00am 5000m (one section of 25)

9:30am 5000m racewalk one section

10:20am 4 x 800m one section

10:35am 80m Hurdles one section of 5

10:40am 100m Hurdles one section of 2

10:45am 110m Hurdles one section of 4

10:50am 2000m Steeplechase one section of 10

----- 3000m Steeplechase **none**

11:10am 100m 4 sections of women and 9 of men

11:50am 1500m 1 women section 2 men

12:20pm 4 x 100m TBD

12:30pm 400m 2 women sections 7 men

---- 200m hurdles **none**

1:05pm 300m hurdles one section

1:10pm 400m hurdles one section

1:20pm 800m 1 women section 3 men

1:55pm 200m 3 sections of women 9 sections of men

2:35pm 4x400m

Field Event Schedule June 29

Discus starting at 9:00am

9:00am M59 & Under flight of 12

10:30am M75+ + all women would be flight of 11

11:55am M60-74 flight of 11

Long Jump starting at 9:00am

9:00am Women flight of 8

10:15am M59 & under flight of 11

11:45am M60+ flight of 12

Followed by **Triple Jump**

women/older men at 1:00pm

younger men at 2:00pm

Javelin starting at 9:00am

9:00am M60-84 flight of 14

10:30am W+m85+ flight of 12

Noon M59 & under flight of 10

Shot Put starting at 9:00am flights based on entries

Women at 9:00am flight of 11

M59 & under at 10:30am flight of 9

M60+ at 11:45am flight of 12

High Jump starting at 9:00am

women and 70 + men at 9:00am

then 11:00am for 69 & under men

Pole Vault starting at 9:30am

warmups start at 8:30am as needed

only 7 total so one flight with run throughs as needed every 3 heights

Sunday June 30

8:30am Hammer, followed by weight and superweight (all women)

11:15am Hammer, followed by weight and superweight (men under 60)

1:00pm Hammer, followed by weight and superweight (men 60+)