

<p>Saturday, September 2 <i>(athletes 14 & under)</i> 7:30 AM Check-in opens</p> <p>YOUTH TRACK EVENTS: 9:30 AM 3000 meter run 9:55 AM 80m hurdles (11-12) 10:05 AM 100m hurdles (13-14) 11:15 AM 100 meter dash 11:45 AM 1-mile run 12:30 PM 400 meter dash 1:30 PM 200 meter dash 2:00 PM 800 meter run 2:20 PM 4x100 meter relay</p> <p>YOUTH FIELD EVENTS: 9:00 AM Shot Put 11:00 AM High Jump 12:00 PM Long Jump 1:00 PM Turbo-Javelin</p> <p>USATF rules apply in all events Pentathlon may delay Saturday events</p>	<p>Saturday, September 2 <i>(athletes 15 & over)</i> 7:30 AM Check-in opens</p> <p>ADULT FIELD EVENTS: 9:00 AM Javelin 1 – Men 9:30 AM Men’s Pentathlon begins 9:50 AM Women’s Pentathlon begins 10:00 AM Pole Vault 1 – Start<10 feet 10:30 AM Shot Put 1 – All women 12:00 PM Shot Put 2 – Men 60+ 12:00 PM Pole Vault 2 – Start@10 feet 12:30 PM Discus – M.R. Pentathlon off site 12:30 PM Javelin 2 – Women 1:30 PM Shot Put 3 – Men 15-59 2:00 PM Weight Throw 3:00 PM Super Weight</p> <p>ADULT TRACK EVENTS: 8:00 AM 10000m run (60-minute cut-off) 9:00 AM 5000m run (30-minute cut-off) 9:50 AM 80m hurdles (w40+, m70+) 10:00 AM 100m hurdles (women’s pentathlon) 10:05 AM 100m hurdles (women 15-39) 10:10 AM 100m hurdles (men 50-69) 10:20 AM 110m hurdles (men 15-49) 10:30 AM 5000m racewalk 1:00 PM 300/400m hurdles</p>	<p>Sunday, September 3 <i>(athletes 15 & over)</i> 7:30 AM Check-in opens</p> <p>ADULT FIELD EVENTS: 9:00 AM Long Jump 1 (men 19-59) 9:00 AM High Jump 1 (start<5 feet) 10:45 AM Long Jump 2 (all women; men 60+) 12:00 PM High Jump 2 (start>5 feet) 12:00 PM Triple Jump</p>	<p>Sunday, September 3 <i>(athletes 15 & over)</i> 7:30 AM Check-in opens</p> <p>ADULT TRACK EVENTS: 8:30 AM 1-mile power walk (monitored) 9:00 AM 4x800 meter relay 9:20 AM 3000 meter run 9:50 AM 1-mile racewalk 10:15 AM 100 meter dash 10:45 AM 1-mile run 11:20 AM 400 meter run 11:45 AM 3000 meter racewalk 12:25 PM 200 meter dash 1:00 PM 800 meter run 1:30 PM 2000m Steeplechase (all women; men 60+) 1:50 PM 3000m Steeplechase (men 15-59) 2:10 PM 4x100 meter relay 2:30 PM 4x400 meter relay</p> <p>Youth race walkers may enter the 9:50 AM 1-mile racewalk 11:45 AM 3000 meter racewalk</p> <p>All events on both days are finals</p>
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