

ATHLETIC EVENTS SCHEDULE Friday, June 10 – Morning

Start Time	Track Events	Field Events
8:45 a.m.	3000m run	RLJ – Female 8-21 Softball Throw – Male 30+ Shot Put – Female 30+ Mini Jav – Male 30+
9:15 a.m.		RLJ – Female 22+ Shot Put – Female 12-15
9:30 a.m.	200M Walk WHCH 200M Open WHCH 25M Non-Motor	Shot Put – Female 8-11
9:45 a.m.	WHCH 50M Motor Slalom	Softball Throw – Male 22-29 Shot Put – Female 16-21
10:00 a.m.	WHCH 30M Non-Motor Slalom	Shot Put – Female 22-29 Mini Jav – Male 16-29
10:15 a.m.	WHCH 30M Slalom	Softball Throw – Male 16-21
10:30 a.m.	WHCH 100M Non-Motor	RLJ – Male 8-21 Shot Put – Male 8-11
10:45 a.m.	WHCH 25M Motor OBT	Shot Put – Male 12-15
11:00 a.m.	4 X 100M Walking Relay	Softball Throw – Male 12-15
11:15 a.m.		RLJ – Male 22+ Shot Put – Male 16-21
11:30 a.m.	200M Run – Female	
11:45 a.m.	200M Run – Male	Softball Throw – Male 8-11 Mini Jav – Male 8-15
12:15 p.m.		Softball Throw – Female 30+ WHCH Shot Put

Competition Grid Note:

- WHCH indicates a wheelchair event.
- RLJ indicates Running Long Jump.
- For events with few competitors, and with all relay events, age and gender groups may be combined to create competition.
- A “+” after an age signifies all who are that age and older.
- All field event awards immediately following event.
- All running events receive their awards immediately following completion of the event.

ATHLETIC EVENTS SCHEDULE - Friday, June 10 – Afternoon

Start Time	Track Events	Field Events
12:30 pm	800M Run	
12:45 p.m.		Shot Put – Male 22-29 Mini Jav – Female 30+
1:00 p.m.	100M Walk – Male 30+	SLJ – Male 16-21 Softball Throw – Female 22-29
1:10 pm	100M Walk – Male 8-29	
1:15 p.m.		Shot Put – Male 30+
1:30 p.m.	100M Walk – Female 30+	SLJ – Male 22+ Softball Throw – Female 16-21 Mini Jav – Female 16-29
1:45 p.m.	100M Walk – Female 8-29	SLJ – Male 8-15 Softball Throw – Female 12-15
1:55 pm	25M Walk – Male	
2:05 pm	25M Walk – Female	
2:15 p.m.	400M Run – Female	SLJ – Female 16-21
2:25 p.m.	400M Run – Male 8-21	SLJ – Female 22+ Softball Throw – Female 8-11 Mini Jav – Female 8-15
2:35 p.m.	400M Run – Male 22+	
2:45 pm	4 x 200M Relay	SLJ – Female 8-15

Competition Grid Note:

- SLJ indicates Standing Long Jump.
- Standing Long Jump will be in the Colman Track long jump pits.
- All relays will be staged in the Yellow Staging Tent. Each relay **must** present its official entry relay form to stagers upon arrival at the tent.
- For events with few competitors, and with all relay events, age and gender groups may be combined to create competition.
- A “+” after an age signifies all who are that age and older.
- Mini Jav is located by the Softball Throw.

ATHLETIC EVENTS SCHEDULE - Saturday, June 11 – Morning & Afternoon

Start Time	Track Events	Field Events
8:30 a.m.	1500M Walk	
8:45 a.m.	1500M Run – Male & Female	
9:15 a.m.	800M Walk 50M Run – Female 8-15 50M Run – Male 8-15	
9:25 a.m.	50M Run – Female 16-21	
9:35 a.m.	50M Run – Female 22-29 50M Run – Male 16-21	
9:45 a.m.	50M Run – Female 30+ 50M Run – Male 22-29	
9:55 a.m.	50M Run – Male 30+	
10:00 a.m.	400M Walk	
10:15 a.m.	100M Run –Female 8-15	
10:25 a.m.	100M Run – Male 8-15 100M Run –Female 16-21	
10:35 a.m.	100M Run – Female 22-29 100M Run – Male 16-21	
10:45 a.m.	100M Run – Female 30+	
10:55 a.m.	100M Run – Male 30+ 100M Run – Male 22-29	
11:30 a.m.	4 x 400M Relay	
12:30 p.m.	4 x 100M Relay	
12:45 p.m.	4x100M Unified Relay	

Competition Grid Note:

- The 400M, 800M & 1500M Race Walking Events will be held off track on Illinois Ave.
- The 50M & 100M Run –All females will be on the East Track (White Staging). All males will be on the West Track (Yellow Staging).
- All relays will be staged in the Yellow Staging Tent. Each relay **must** present its official entry relay form to stagers upon arrival at the tent.
- For events with few competitors, and with all relay events, age and gender groups may be combined to create competition.
- A “+” after an age signifies all who are that age and older.