

Track Schedule

Saturday		Sunday	
Time	Event	Time	Event
9:00	5000m & 1500m RW	9:00	3000m
9:30	800mRW	9:30	2000m
9:45	Sprint Hurdles	10:00	400m Hurdles
11:30	1500 m	10:30	300m Hurdles
11:50	1200m	10:45	200m Hurdles
12:30	1000m	11:00	800m
1:00	100m sprints	11:30	600m
2:00	4x100m relay	12:30	60m Sprint
3:00	400m		50m fun run
3:30	300m	1:30	2000 Steeple Chase
		2:15	1500 Steeple Chase
		2:30	200m

Field Events Schedule

Saturday						
	High Jump	Long Jump	Triple Jump	Hammer	Javelin	Shot Put
10:00	Girls U18, Open	Boys JD12	Girls JD13	Boys U18 Open	Boys JD13	Girls JD9 JD10
11:00	Girls U16	Boys JD11		Boys JD12 JD13	Boys U16	Girls U18 Open
12:00	Girls JD9 JD10	Boys JD13	Girls U18 Open	Girls U16	Boys U18 Open	Girls JD11
1:00	Girls JD13	Boys U18 Open	Girls U16	Boys U16	Boys JD10	Girls JD12
2:00	Girls JD11	Boys U16		Girls JD12 JD13	Boys JD11	Girls U16
3:00	Girls JD12	Boys JD9 JD10		Girls U18 Open	Boys JD12	Girls JD13
Sunday						
	High Jump	Long Jump	Triple Jump	Discus	Javelin	Shot Put
9:00				Girls JD12 JD13		
10:00	Boys U18, Open	Girls JD11	Boys JD13	Girls U16 U18 Open	Girls JD13	Boys JD9 JD10
11:00	Boys U16	Girls JD12		Girls JD10 JD11	Girls U16	Boys U18 Open
12:00	Boys JD9 JD10	Girls JD13	Boys U18 Open	Boys U16	Girls U18 Open	Boys JD11
1:00	Boys JD13	Girls U16	Boys U16	Boys JD10 JD11	Girls JD10	Boys JD12
2:00	Boys JD11	Girls U18 Open		Boys JD12 JD13	Girls JD11	Boys U16
3:00	Boys JD12	Girls JD9 JD10		Boys U18 Open	Girls JD12	Boys JD13

Note: These schedules are subject to change until the close of registration. We will attempt to notify registered athletes by email of any changes. It is the responsibility of all involved to check the posted schedule to ensure they have the most up to date information.