

Saturday, June 1, 2019

Start Time	Main Track	West Side of Track	LDR Course	Shot Put / Mini Jav	Tennis Ball / Softball Throws	Start Time		
7:15 AM	<b>Coaches Meeting at Athletics Awards Tent</b>					7:15 AM		
7:30 AM	<b>Coaches Meeting at Athletics Awards Tent</b>					7:30 AM		
7:45 AM	<b>Coaches Meeting at Athletics Awards Tent</b>					7:45 AM		
8:00 AM	Hurdles - M/F		10k RR			8:00 AM		
8:15 AM		25m W/C Obstacle	10k Unified RR	Shot Put Male		8:15 AM		
8:30 AM		100m W/C - M/F	M/F			8:30 AM		
8:45 AM		100m G/W - M/F				Tennis Ball Throw M/F	8:45 AM	
9:00 AM	100m Walk - Female 100m Dash - Female						9:00 AM	
9:15 AM						9:15 AM		
9:30 AM							9:30 AM	
9:45 AM						9:45 AM		
10:00 AM					Softball Throw  Male	10:00 AM		
10:15 AM						10:15 AM		
10:30 AM		50m A/W - M/F					10:30 AM	
10:45 AM		50m W/C Slalom - M/F				10:45 AM		
11:00 AM		50m G/W - M/F				11:00 AM		
11:15 AM	400m W/C - M/F 400m Walk - Female 400m Dash - Female			Mini-Javelin Female		11:15 AM		
11:30 AM			1.5k W & Unified W - M/F			11:30 AM		
11:45 AM							11:45 AM	
12:00 PM						12:00 PM		
12:15 PM		25m W/C - M/F	1.5k R & Unified R - M/F			12:15 PM		
12:30 PM		25m A/W - M/F				12:30 PM		
12:45 PM		25m G/W - M/F				12:45 PM		
1:00 PM		25m G/R - M/F			Softball Throw Female	1:00 PM		
1:15 PM	100m Walk - Male 100m Dash - Male			Shot Put W/C & Female			1:15 PM	
1:30 PM								1:30 PM
1:45 PM								
2:00 PM								2:00 PM
2:15 PM						2:15 PM		
2:30 PM			3k RR			2:30 PM		
2:45 PM	W/C 200m - M/F	30m W/C Slaloms	& Unified RR - M/F			2:45 PM		
3:00 PM		10m W/C, A/W, G/W - M/F				3:00 PM		
3:15 PM	400m Walk - Male					3:15 PM		
3:30 PM	400m Dash - Male					3:30 PM		
3:45 PM						3:45 PM		
4:00 PM						4:00 PM		
4:15 PM						4:15 PM		
4:30 PM						4:30 PM		
4:45 PM						4:45 PM		

Scheduled times are approximate; listen to event calls; monitor the event boards

5/29/2019

Sunday, June 2, 2019

Start Time	Main Track	LDR Course	Pent	Mini Javelin	Horizontal Jumps	Start Time
7:30 AM			100m Dash - Pent.			7:30 AM
7:45 AM	50m Dash Male					7:45 AM
8:00 AM					Running Long Jump	8:00 AM
8:15 AM	50m Dash - Female					8:15 AM
8:30 AM		5k W & Unified W M/F	Long Jump - Pent.	Mini Jav Male	Male	8:30 AM
8:45 AM	800m Walk - M/F					8:45 AM
9:00 AM					9:00 AM	
9:15 AM	800m Run - M/F				9:15 AM	
9:30 AM			Shot Put - Pent.		9:30 AM	
9:45 AM		5k R & unified - M/F			9:45 AM	
10:00 AM					Standing Long Jump	10:00 AM
10:15 AM						10:15 AM
10:30 AM			High Jump - Pent		Male	10:30 AM
10:45 AM	200m Walk - Female					10:45 AM
11:00 AM	200m Dash - Female				Standing Long Jump	11:00 AM
11:15 AM	200m Walk - Male					11:15 AM
11:30 AM	200m Dash - Male				11:30 AM	
11:45 AM					11:45 AM	
12:00 PM					Running Long Jump Female	12:00 PM
12:15 PM			400m Dash - Pent			12:15 PM
12:30 PM					12:30 PM	
12:45 PM	50m Walk - M/F				12:45 PM	
1:00 PM					1:00 PM	
1:15 PM					1:15 PM	
1:30 PM	4x100m Relay & Unified Relay M/F				1:30 PM	
1:45 PM					1:45 PM	
2:00 PM					2:00 PM	
2:15 PM	4x400M M/F & Unified				2:15 PM	
2:30 PM					2:30 PM	
2:45 PM					2:45 PM	
3:00 PM					3:00 PM	
3:15 PM					3:15 PM	
3:30 PM					3:30 PM	
3:45 PM					3:45 PM	
4:00 PM					4:00 PM	
4:15 PM					4:15 PM	
4:30 PM					4:30 PM	
4:45 PM					4:45 PM	
5:00 PM					5:00 PM	

Scheduled times are approximate; listen to event calls; monitor the event boards

5/29/2019