

Saturday, June 18, 2022

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

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

6/1/2022

Sunday, June 19, 2022

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	50m Dash - Female				Running Long Jump Male	8:00 AM	
8:15 AM						8:15 AM	
8:30 AM			Long Jump - Pent.			8:30 AM	
8:45 AM	800m Walk - M/F	5k 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 Run & Unified - M/F				9:45 AM	
10:00 AM				Mini Jav Female	Standing Long Jump Male	10:00 AM	
10:15 AM							10:15 AM
10:30 AM	200m Walk - Female		High Jump - Pent				10:30 AM
10:45 AM	200m Dash - Female						10:45 AM
11:00 AM	200m Walk - Male						11:00 AM
11:15 AM	200m Dash - Male				Standing Long Jump Female	11:15 AM	
11:30 AM							11:30 AM
11:45 AM						11:45 AM	
12:00 PM	Break for Track volunteers				Running Long Jump Female	12:00 PM	
12:15 PM							12:15 PM
12:30 PM	50m Walk - M/F		400m Dash - Pent			12:30 PM	
12:45 PM						12:45 PM	
1:00 PM						1:00 PM	
1:15 PM	4 x 100m Relay M/F					1:15 PM	
1:30 PM						1:30 PM	
1:45 PM	4 x 400m Relay M/F					1:45 PM	
2:00 PM						2:00 PM	



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