

Saturday, June 2, 2018

Start Time	Main Track	West Side of Track	LDR Course	Shot Put / Mini Jav	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	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					Softball Throw	9:45 AM					
10:00 AM						10:00 AM					
10:15 AM		50m A/W - M/F				10:15 AM					
10:30 AM		50m W/C Slalom - M/F			Male	10:30 AM					
10:45 AM		50m G/W - M/F				10:45 AM					
11:00 AM		50m G/R - M/F				11:00 AM					
11:15 AM				Mini Jav		11:15 AM					
11:30 AM	400m W/C - M/F					11:30 AM					
11:45 AM	400m Walk - Female 400m Dash - Female		1.5k W & Unified W - M/F	Males		11:45 AM					
12:00 PM						12:00 PM					
12:15 PM		25m W/C - M/F				12:15 PM					
12:30 PM		25m A/W - M/F	1.5k R & Unified R - M/F	Mini Jav Females		12:30 PM					
12:45 PM		25m G/W - M/F				12:45 PM					
1:00 PM		25m G/R - M/F				1:00 PM					
1:15 PM	100m Walk - Male 100m Dash - Male				Softball Throw Female	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	3k RR			2:30 PM					
2:45 PM	W/C 200m - M/F	10m W/C,A/W, G/W - M/F	& Unified RR - M/F			2:45 PM					
3:00 PM	400m Walk - Male					3:00 PM					
3:15 PM						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					
5:00 PM						5:00 PM					

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

5/9/2018

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