

Saturday, June 3, 2017

Start Time	Main Track	Wheelchair Lanes	LDR	Shot Put / Turbo Jav	Tennis Ball / Softball Throws	Start Time
7:15 AM	Coaches Meeting at Athletics Awards Tent, PLU Track					7:15 AM
7:30 AM	Coaches Meeting at Athletics Awards Tent, PLU Track					7:30 AM
7:45 AM	Coaches Meeting at Athletics Awards Tent, PLU Track					7:45 AM
8:00 AM	Hurdles - M/F		10k RR			8:00 AM
8:15 AM		25m W/C Obstacle	10k Unified RR M/F			8:15 AM
8:30 AM						8:30 AM
8:45 AM	100m W/C - M/F			Shot Put Male	Tennis Ball Throw M/F	8:45 AM
9:00 AM	100m G/W - M/F					9:00 AM
9:15 AM	100m Walk - Female					9:15 AM
9:30 AM	100m Dash - Female					9:30 AM
9:45 AM					Softball Throw Male	9:45 AM
10:00 AM	50m A/W - M/F					10:00 AM
10:15 AM	50m G/W - M/F					10:15 AM
10:30 AM	50m G/R - M/F	50m W/C Slaloms				10:30 AM
10:45 AM						10:45 AM
11:00 AM	400m W/C - M/F			Turbo Jav M/F		11:00 AM
11:15 AM	400m Walk - Female					11:15 AM
11:30 AM	400m Dash - Female					11:30 AM
11:45 AM	25m W/C - M/F		1.5k W & Unified W - M/F			11:45 AM
12:00 PM	25m A/W - M/F		1.5k R & Unified R - M/F			12:00 PM
12:15 PM	25m G/W - M/F					12:15 PM
12:30 PM	25m G/R - M/F					12:30 PM
12:30 PM	My 1st Sports Exp Race					12:30 PM
12:45 PM	100m Walk - Male					12:45 PM
1:00 PM				Shot Put W/C & Female	Softball Throw Female	1:00 PM
1:15 PM	100m Dash Male					1:15 PM
1:30 PM						1:30 PM
1:45 PM		30m W/C Slaloms				1:45 PM
2:00 PM						2:00 PM
2:15 PM	W/C 200m - M/F					2:15 PM
2:30 PM	10m W/C, A/W, G/W - M/F		3k RR & Unified RR - M/F			2:30 PM
2:45 PM						2:45 PM
3:00 PM	400m Walk - Male					3:00 PM
3:15 PM	400m Dash - Male					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

5/15/2017

Sunday, June 4, 2017

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

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5/15/2017