



FRIDAY INSERT DATE

7:30PM	Warm-Up for Athletes		On Track
8:00PM	800M Pre-Lim	M and F	F1 & M2 Together then M1
	3000M FINAL	M and F	M1

SATURDAY INSERT DATE

8:15AM	Officials Meeting	Lower Level Summer Games Bldg
8:30AM	Head Coaches Meeting	Upper Level Summer Games Bldg
	Warm-Up Athletes	At Track
9:00AM	Opening Cermeonies	On Track
9:15AM	Competition Begins. All morning events are preliminaries with the exception of the 1500M which is a FINAL	

9:15AM-11:45AM

MALES on TRACK

EVENT		DIVISION ORDER
1500M	FINAL M and F	M1
100M PENT	FINAL	PENTATHALON
100M	Pre-Lim	M11 - M1
400M	Pre-Lim	M5 - M1
50M	Pre-Lim	M3 - M1
200M	Pre-Lim	M10 - M1

FEMALES on FIELD

EVENT		DIVISION ORDER
Standing Long Jump (2 PITS)	Pre-Lim	PIT 1: F6-F4 PIT 2: F3-F1
Running Long Jump PENT	FINAL	PENTATHALON
Mini Javelin (300g)	Pre-Lim	F5 - F1
Shot-Put (2 PITS)		
3.0kg (FSP)	Pre-Lim	PIT 1: F7-F5 PIT 2: F4-F1
Shot Put PENT	FINAL	PENTATHALON
High Jump	Pre-Lim	F1-?
1.36kg (WCFSP)	Pre-Lim	PIT 2: F1

11:45AM - 12:45PM *****LUNCH (Provided by Host Club)*****



1:00PM-3:00PM

FEMALES on TRACK

EVENT		DIVISION ORDER
100M	Pre-Lim	F6 - F1
25M WC	Pre-Lim	F1
400M	Pre-Lim	F3 - F1
50M	Pre-Lim	F2 - F1
30M WC	Pre-Lim	F1
200M	Pre-Lim	F5 - F1

MALES on FIELD

EVENT		DIVISION ORDER
Running Long Jump	Pre-Lim M and F	F1 M1
Standing Long Jump (2 PITS)		PIT 1: M5-M1 PIT 2: M10-M6
Shot-Put 4kg MSP	Pre-Lim	PIT 1: M10-M6 PIT 2: M5-M1
Shot-Put 3kg (U14) MSP	Pre-Lim	PIT 2: M2-M1
High Jump PENT	FINAL	PENTATHALON
High Jump	Pre-Lim	M1-?
Mini Javelin		
400g MMJ	Pre-Lim	M7 - M1
300g (U15) MJ	Pre-Lim M and F	M3-M1 F1

3:15PM-5:00PM

MALES on TRACK

EVENT		DIVISION ORDER
400M PENT	FINAL	PENTATHALON
100M	FINAL	M11 - M1
800M	FINAL M and F	F1 & M2 Together M1
50M	FINAL	M3 - M1
100M FEMALE	FINAL	F6 - F1

FEMALES on FIELD

EVENT		DIVISION ORDER
Standing Long Jump (2 PITS)	FINAL	PIT 1: F6-F4 PIT 2: F3-F1
Mini Javelin (300g)	FINAL	F5 - F1
Mini Javelin (U15 300g)	FINAL M and F	M3-M1 F1

Supper, medal ceremony and dance will start @ TIME @ INSERT LOCAL

*Medals will be handed out for the following Divisions on Saturday Night 3000M M&F, 1500M M, 800M M&F, 100M M&F, 50M M, Standing Long Jump F, Mini Javelin F U15 & M&F



SUNDAY INSERT DATE

8:15AM	Officials Meeting	INSERT LOCATION
8:30AM	Head Coaches Meeting	INSERT LOCATION
	Warm-Up Athletes	At Track
9:00AM	Competition Starts	

9:00AM-11:00AM

FEMALES on TRACK

EVENT		DIVISION ORDER
400M	FINAL	F3 - F1
25M WC	FINAL	F1
50M	FINAL	F2 - F1
30M WC	FINAL	F1
200M	FINAL	F5 - F1

MALES on FIELD

EVENT		DIVISION ORDER
Running Long Jump	FINAL M and F	F1 M1
Standing Long Jump (2 PITS)		PIT 1: M5-M1 PIT 2: M10-M6
4kg MSP	FINAL	PIT 1: M10-M6 PIT 2: M5-M1
3kg (U14) MSP	FINAL	PIT 2: M2-M1
Mini Javelin		
400g MMJ	Pre-Lim	M7 - M1
300g (U15) MJ	Pre-Lim M and F	M3-M1 F1

11:00AM-1:00PM

MALES on TRACK

EVENT		DIVISION ORDER
200M	FINAL	M10 - M1
400M	FINAL	M5 - M1
5000M	FINAL	M1

FEMALES on FIELD

EVENT		DIVISION ORDER
Shot-Put (2 PITS)		
3.0kg (FSP)	FINAL	PIT 1: F7-F5 PIT 2: F4-F1
High Jump	FINAL M and F	F1 M1
1.36kg (WCFSP)	FINAL	PIT 2: F1

Medals will commence once results are finalized

If weather is inclement on Sunday, all Saturday events will become finals and MPR will not be implemented