



## ATHLETICS SCHEDULE

NOTE: Please report to Track & Field staging 30 Minutes prior to scheduled time of event.

### Saturday May 18, 2024

#### Morning Session 8am-11am

<u>Event</u>	<u>Age</u>	<u>Time</u>	<u>Sex</u>		<u>Event</u>	<u>Age</u>	<u>Time</u>	<u>Sex</u>
400M Race (8)	ALL	8:00 AM	M		Stand Long Jump (9)	8-11	8:00 AM	F
200M Race (2) High Jump(Pentathlon)2	12-15/16-21	8:15 AM	M		Stand Long Jump (8)	12-15	8:15 AM	F
200M Race (9)	22+	8:30 AM	M		Stand Long Jump (13)	16-21	8:30 AM	F
25M All W/C Races (1)	ALL	9:00 AM	M		Stand Long Jump (9)	22+	8:45 AM	F
25M Walk (14)	ALL	9:05 AM	M		Running Long Jump (5)	ALL	9:15 AM	F
25M Dash (3)	8-11/12-15/16-21	9:15 AM	M		Tennis Ball Throw (5)	ALL	9:30 AM	F
25M Dash (7)	22-29	9:20 AM	M		Softball Throw (10)	8-11	9:45 AM	F
25M Dash (14)	30+	9:25 AM	M		Softball Throw (38)	30-up	10:00 AM	F
100M Walk (12)	ALL	9:30 AM	M		Softball Throw (7)	22-29	10:15 AM	F
100M Race (17)	8-15	9:35 AM	M		Softball Throw (21)	16-21	10:30 AM	F
100M Race (22)	16-21	9:45 AM	M		Softball Throw (15)	12-15	10:45 AM	F
100M Race (8)	22-29	10:00 AM	M		Mini Javelin (8)	ALL	11:00 AM	F
100M Race (11)	30+	10:15 AM	M					

### Saturday May 18, 2024

#### Afternoon Session 1pm-4pm

<u>Event</u>	<u>Age</u>	<u>Time</u>	<u>Sex</u>		<u>Event</u>	<u>Age</u>	<u>Time</u>	<u>Sex</u>
400M Race and Walk (4)	ALL	1:00 PM	F		Stand Long Jump (8)	8-11	1:00 PM	M
200M Race (2)	ALL	1:15 PM	F		Stand Long Jump (18)	12-15	1:15 PM	M
25M Walk Unassisted and Assisted (21)	ALL	1:30 PM	F		Stand Long Jump (17)	16-21	1:30 PM	M
25M Dash (12)	ALL	2:00 PM	F		Stand Long Jump (20)	22+	1:45 PM	M
100M Walk (8)	ALL	2:15 PM	F		Running Long Jump (2)	8-11	2:00 PM	M
100M Race (9)	8-11/12-15	2:30 PM	F		Running Long Jump (6)	12-15	2:05 PM	M
100M Race (9)	16-21	2:45 PM	F		Running Long Jump (5)	16-21	2:15 PM	M
100M Race (3)	22-29	3:00 PM	F		Running Long Jump (2)	22+	2:30 PM	M
100M Race (4)	30+	3:15 PM	F		Tennis Ball Throw (7)	ALL	2:45 PM	M
					Softball Throw (10)	8-11	2:45 PM	M
					Softball Throw (41)	12-15/16-21	3:00 PM	M
					Softball Throw (18)	22-29	3:15 PM	M
					Softball Throw (49)	30+	3:30 PM	M
					Mini Javelin (19)	ALL	3:45 AM	M

### Sunday May 19, 2024

#### Morning Session 8am-12pm

<u>Event</u>	<u>Age</u>	<u>Time</u>	<u>Sex</u>		<u>Event</u>	<u>Age</u>	<u>Time</u>	<u>Sex</u>
4X100M Relay (4)	ALL	8:00 AM	ALL		Shot Put (5)	ALL	8:00 AM	F
50M Assisted (3)	ALL	8:15 AM	ALL		Shot Put (6)	30-up	8:15 AM	M
50M Walk (32)	ALL	8:30 AM	F		Shot Put (8)	22-29	8:30 AM	M
50M Walk (24)	ALL	8:45 AM	M		Shot Put (9)	16-21	8:45 AM	M
50M Race (33)	ALL	9:00 AM	F		Shot Put (4)	12-15	9:00 AM	M
50M Race (58)	ALL	9:20 AM	M					
800M Walk & Run (6)	ALL	10:20 AM	ALL					
4x100M Unified (2)	ALL	10:30 AM	ALL					