

MEET SCHEDULE

All running events will start at the designated time listed each day. After the initial event, subsequent events may start 30 minutes before the time listed. Listen to announcements and check-in to the designated area at least 30 minutes early. Any athlete that does not check-in before their scheduled heat is run will be scratched from the event. The Field Event Official will release field event athletes who have a conflict with a running event **only** at the appropriate time. Field Event athletes will have 10 minutes to report back to their Field Event after their running event and must report back and be ready to compete.

THIS MEET IS CONTESTED ON A ROLLING SCHEDULE

SPECIAL NOTES:

- If there are not enough runners in the Semi-Final, the event will be run as a Final at the Semi-Final time.
- Some distance races may be combined due to the number of participants.
- S = SEMI-FINAL F= FINAL
- 15 -16, & 17 -18 divisions **MUST** use starting blocks in the sprint races!!!

THURSDAY - JUNE 26, 2014

RUNNING EVENTS

8:30AM	3000M(F)	11G, 12G, 13G, 14G, 15 – 16G, 17 – 18G	11B, 12B, 13B, 14B, 15 -16B, 17 -18B
	1500RW(F)	9G, 10G, 11G, 12G	9B, 10B, 11B, 12B
	3000RW(F)	13G, 14G, 15 – 16G, 17 – 18G	13B, 14B, 15 – 16B, 17 – 18B

FIELD EVENTS

8:30AM	High Jump	17 – 18B, 15 -16B & 17 – 18G, 15 – 16G
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MULTI-EVENTS

10:00 AM	Decathlon	15-16B, 17-18M	100M, LJ, SP, HJ, 400M
	Heptathlon	15-16G, 17-18W	100H, HJ, SP, 200M
	Pentathlon	13B, 14B	100H, SP, HJ, LJ, 1500M
	Pentathlon	13G, 14G	100H, SP, HJ, LJ, 800M

FRIDAY - JUNE 27, 2014

MULTI-EVENTS

8:30 AM	Decathlon	15-16B, 17-18M	110H, DT, PV, JT, 1500M
	Heptathlon	15-16G, 17-18W	LJ, JT, 800M
	Pentathlon	11G, 12G	80H, SP, HJ, LJ, 800M
	Pentathlon	11B, 12B	80H, SP, HJ, LJ, 1500M
	Triathlon	9B, 10B	HJ, SP, 400M
	Triathlon	9G, 10G	HJ, SP, 200M

FIELD EVENTS

8:30AM	Shot Put	17 – 18B, 15 -16B &17 – 18G, 15 – 16G
	Turbo Javelin	8U G&B, 9 G&B, 10 G&B, 11 G&B, 12 G&B

RUNNING EVENTS

10:30AM	100 Meters (S)	ALL AGE DIVISION
	4 X 800R (F)	11-12G&B, 13-14G&B, 15-16G&B, 17-18W&M
	4 X 100R (S)	8U G&B, 9-10G&B, 11-12G&B, 13-14G&B, 15-16G&B, 17-18W&M

SATURDAY - JUNE 28, 2014

RUNNING EVENTS

8:30 AM	200H (F)	13G, 14G, 13B, 14B
	400H (F)	15-16G, 17-18W, 15-16B, 17-18M
	400M (F)	ALL AGE DIVISION
	1500 (F)	ALL AGE DIVISION
	200M (S)	ALL AGE DIVISION
	4X100R (F)	8U G&B, 9-10G&B, 11-12G&B, 13-14G&B, 15-16G&B, 17-18W&M

FIELD EVENTSSATURDAY - JUNE 28, 2014

TIME	LJ PIT 1	LJ PIT 2	HJ PIT1	SP PIT 1	DISCUS
8:00 AM	13-B	13 -G	13G	13 -G	15-16/17-18W
	14 -B	14 -G	14G	13 -B	15-16/17-18M
	15-16B	15-16G	13B	14G	13B/14B
	17-18M	17-18W	14B	14B	13G/14G

- All Triple Jumps - 13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18W, 17-18M
- Triple Jump will be contested immediately following the 17-18W and 17-18M Long Jump for all Age Groups on Saturday

SUNDAY - JUNE 29, 2014

RUNNING EVENTS

9:00 AM	110H (F)	15-16B, 17-18M
	100H (F)	13G, 14G (10-30") 13B, 14B, 15-16G, 17-18W (10-33")
	80H (F)	11G, 12G, 11B, 12B (8-30")
	100M (F)	ALL AGE DIVISION
	800 (F)	ALL AGE DIVISION
	200M (F)	ALL AGE DIVISION
	4X400R (F)	10G, 10B, 12G, 12B, 14G, 14B, 15-16G, 15-16B, 17-18W, 17-18M

FIELD EVSUNDAY - JUNE 29, 2014

Javelin (F)							
7:00 AM		13G, 13B, 14G, 14B, 15-16G, 15-16B, 17-18W, 17-18M					
8:00AM	LJ PIT 1	LJ PIT 2	HJ PIT 1	SP PIT 1	SP PIT 2	DISCUS	POLE VAULT
	12B	12G	9G-9B	8-UB	8-UG	11G	13G/14G
	11B	11G	10G-10B	9B	10B	12G	15-16G/17-18W
	10B	10G	11G -11B	9G	10G	11B	13B/14B
	9B	9G	12G -12B	11G	12G	12B	15-16B/17-18M
	8-UB	8-UG		11B	12B		