

Saturday

9:00 AM	3K race walk	F/M	all ages
9:30 AM	5K run	F/M	all ages
10:30 AM	100m	F	9-14
10:35 AM	100m	M	9-14
10:40 AM	100m	F	15+
10:45 AM	100m	M	15+
10:55 AM	400m	F	9-14
11:00 AM	400m	M	9-14
11:05 AM	400m	F	15+
11:10 AM	400m	M	15+
11:15 AM	200m	F	9-14
11:20 AM	200m	M	9-14
11:25 AM	200m	F	15+
11:30 AM	200m	M	15+
11:35 AM	1500m	F/M	all ages
11:45 AM	80m hurdles	F/M	9-10
11:50 AM	80m hurdles	F	40+
11:55 AM	80m hurdles	M	70+
12:00 PM	100m hurdles	F	11-14
12:05 PM	100m hurdles	F	15+
12:10 PM	100m hurdles	M	50-69
12:15 PM	110m hurdles	M	15-18
12:20 PM	110m hurdles	M	30-49
12:25 PM	110m hurdles	M	19-29
12:35 PM	800m	F/M	9-14
12:45 PM	800m	F	15+
12:50 PM	800m	M	15+
12:55 PM	200m	M	70+
1:00 PM	200m	F	30+
1:05 PM	200m	M	60-69
1:10 PM	200m	M	50-59
1:15 PM	200m	M	49-49
1:20 PM	200m	F	19-29
1:25 PM	200m	M	30-39
1:30 PM	200m	M	19-29
1:35 PM	200m	F	15-18
1:40 PM	200m	M	15-18
1:45 PM	300m hurdles	F	13-18
1:50 PM	300m hurdles	M	13-18
1:55 PM	300m hurdles	F	19-29
2:00 PM	300m hurdles	M	19-29
2:05 PM	300m hurdles	F	30+
2:10 PM	300m hurdles	M	50+
2:15 PM	400m hurdles	M	30-49
2:20 PM	400m hurdles	M	19-29

Sunday

9:00 AM	5K Race Walk	F/M	all ages
10:00 AM	3K Run	F/M	all ages

Saturday	LJ Pit 1	LJ Pit 2	TJ	HJ	PV
9:00 AM	M 9-14	F 9-14	F 19-29	F 30+	M 15-39
10:00 AM	M 15-18	F 15-18	M 19-29	M 30+	M 40+
11:00 AM	M 30-49	F 19-29	F 13-18	F 9-18	F 30+
12:00 PM	M 19-29	F 30-49	M 30+	M 9-18	F 15-29
1:00 PM	M 50+	F 50+	M 13-18	F 19-29	-----
2:00 PM	-----	-----	F 30+	M 19-29	-----