

TRACK & FIELD, RACEWALK, & POWER WALK SCHEDULE OF EVENTS

TRACK EVENTS

- 8:00 AM Start of Rolling Schedule Walking Events:
- 5000M Race Walk(s)
- 5000M Power Walk
- 10:15 AM Start of Rolling Schedule Running Events:
- 1500M Run Finals
- 100M Finals
- 800M Finals
- ONE HOUR BREAK --
- 200M Finals (Start will not be before 1:15 PM)
- 1500M Race Walk
- 1500M Power Walk
- 50M Finals
- 400M Finals

There will not be an official awards ceremony. Athletes will come up to the awards table and pick up their medal(s).

FIELD EVENTS

(All athletes are limited to a maximum of 4 attempts except for vertical jumps. Athletes must check in with event officials prior to the check-in time or they will not be allowed to compete. Attempts must be taken within the window of times listed below unless officials direct otherwise. Start times are subject to weather delays but order of events should stay the same.)

- 7:30 AM – 9:00 AM Weights and Measures Check-In for Shots, Javelins, and Hammer
8:30 AM –10:30 AM (everyone must check-in prior to 8:30 AM for all their events in this time)
Hammer (men 50-74)
Javelin (men 50-74)
Long Jump (men 75+ followed by women)
Shot Put (women followed by men 75+)
- 10:30 AM –12:30 AM (everyone must check-in prior to 10:30 AM for all their events in this time)
Hammer (women and men 75+)
Javelin (women and men 75+)
Long Jump (men 65-74 followed by men 50-64)
Shot Put (men 50-64 followed by men 65-74)
- 1:00 PM –1:45 PM Weights and Measures Check-In for Discus
1:30 PM - finish (everyone must check-in prior to 1:30 AM for all their events in this time)
High Jump (men and women low to high heights)
Pole Vault (men and women low to high heights)
- 1:45 PM –3:15 PM (everyone must check-in prior to 1:45 PM for all their events in this time)
Triple Jump (men 50-74)
Discus (women & men 75+)
- 3:15 PM –5:15 PM (everyone must check-in prior to 3:15 PM for all their events in this time)
Triple Jump (women and men 75+)
Discus (men 50-64 followed by men 65-74)