


# SCHEDULE OF EVENTS: MULTI – EVENTS

## Day One – Thursday, June 27, 2019

All events will be contested approximately 30 minutes after the preceding event is completed.




		Boys												Girls										
		9 years	10 years		11 years	12 years		13 years	14 years		15-16 years	17-18 years		9 years	10 years		11 years	12 years		13 years	14 years		15-16 years	17-18 years
Time	Event																							
11:30AM	Decathlon: 100M Dash, LJ #1, SP #1, HJ #1, 400M Dash										X	X												
11:45AM	Heptathlon: 100M Hurdles, HJ #1, SP#1, 200M Dash																					X	X	

## MULTI – EVENTS

All events will be contested approximately 30 minutes after the preceding event is completed.




		Boys										Girls												
		9 years	10 years		11 years	12 years		13 years	14 years		15-16 years	17-18 years	9 years	10 years		11 years	12 years		13 years	14 years		15-16 years	17-18 years	
Time	Event																							
9:00AM	Heptathlon: LJ #1, Javelin, 800M Run																					X	X	
	Decathlon: 110M Hurdles, Discus, Pole Vault, Javelin, 1500M Run										X	X												
9:15AM	Pentathlon: 80M Hurdles, LJ#1, SP #1, HJ #1, 1500M Run				X	X																		
9:30AM	Pentathlon: 80M Hurdles, HJ #2, SP #1, LJ#1, 800M Run														X	X								
10:00AM	Pentathlon: 100M Hurdles, LJ#1, SP #1, HJ #1, 1500M Run							X	X															
10:15AM	Pentathlon: 100M Hurdles, HJ #2, SP #1, LJ#1, 800M Run																X	X						
3:30PM	Triathlon: SP #1, HJ #1, 400M Dash	X	X																					
3:30PM	Triathlon: SP #2, HJ #2, 200M Dash													X	X									

# SCHEDULE OF EVENTS: TRACK & FIELD EVENTS

## Day Two – Friday, June 28, 2019

All Running Events will start at the designated time listed each day All events, with the exception of the 100M Dash and 200M Dash, will be contested as Timed Finals.



		Girls												Boys											
		U8	9 years	10 years		11 years	12 years		13 years	14 years		15-16 years	17-18 years	U8	9 years	10 years		11 years	12 years		13 years	14 years		15-16 years	17-18 years
Time	Event																								
6:30 PM	1500M Race-walk (All Age Groups Combined)		X	X		X	X									X	X		X	X					
6:45 PM	3000M Race-walk (All Age Groups Combined)								X	X		X	X								X	X		X	X
7:00 PM	2000 Steeplechase: Girls first, then Boys											X	X											X	X
7:30 PM	100 Meters Prelims	X	X	X		X	X							X	X	X		X	X						

## Day Two – Friday, June 28, 2019

### Field Events.


[illegible]

# SCHEDULE OF EVENTS: TRACK EVENTS

## Day Three – Saturday, June 29, 2019

All events, with the exception of the 100M Dash and 200M Dash, will be contested as **Timed Finals**. A Lunch Break will be taken after the 100M Dash Prelims or near the noon hour.



		Girls												Boys											
		U8	9 years	10 years		11 years	12 years		13 years	14 years		15-16 years	17-18 years	U8	9 years	10 years		11 years	12 years		13 years	14 years		15-16 years	17-18 years
Time	Event																								
9:00 AM	3000M Run (Age Groups may be combined)					X	X		X	X		X	X					X	X		X	X		X	X
	110M Hurdles																							X	X
	100M Hurdles								X	X		X	X					X	X						
	80M Hurdles					X	X											X	X						
	100M Dash Prelim (Top 8 Advance to Finals)								X	X		X	X					X	X				X	X	
	400M Dash TIMED FINAL	X	X	X		X	X		X	X		X	X	X	X	X		X	X		X	X		X	X
	200M Hurdles TIMED FINAL								X	X								X	X						
	400M Hurdles TIMED FINAL											X	X											X	X
	200M Dash Prelim (Top 8 Advance to Finals)	X	X	X		X	X		X	X		X	X	X	X	X		X	X		X	X		X	X
	4x800 M Relay (Age Groups combined by gender)						X			X		X	X					X			X			X	X

## SCHEDULE OF EVENTS:

## FIELD EVENTS

*Day Three – Saturday, June 29, 2019*

All Field Events will begin at **8:00 AM** and be on a rolling schedule. Listen to announcements for calls to your Field Event. Any athlete who does not check-in before their designated flight starts will be scratched from the event. Field Event athletes who have a conflict with a running event will be released by the Field Event official – ONLY - at the appropriate time. Field Event athletes will have 10 minutes to report back to their Field Event after their running event and be ready to compete.

**Long Jump, Triple Jump, Shot Put, Discus and Javelin will be contested with three preliminary jumps or throws and the top 8 will qualify for the finals with three additional jumps or throws.**

*DT – Discus      PV – Pole Vault      HJ (#) – High Jump (Pit)      LJ (#) – Long Jump (Pit)      SP (#) – Shot Put (Ring)*  
*Turbo Javelin*

*Top 9 Advances to Finals.      Nine (9) or less athletes will have 4 attempts only in all Field Events.*

	Girls													Boys											
	U8	9 years	10 years		11 years	12 years		13 years	14 years		15-16 years	17-18 years		U8	9 years	10 years		11 years	12 years		13 years	14 years		15-16 years	17-18 years
Event																									
LJ1	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>		4 <sup>th</sup>	5 <sup>th</sup>								1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>		4 <sup>th</sup>	5 <sup>th</sup>						
LJ2																									
HJ1								4 <sup>th</sup>	3 <sup>rd</sup>		2 <sup>nd</sup>	1 <sup>st</sup>													
HJ2																					4 <sup>th</sup>	3 <sup>rd</sup>		2 <sup>nd</sup>	1 <sup>st</sup>
SP1						1 <sup>st</sup>		2 <sup>nd</sup>	3 <sup>rd</sup>		4 <sup>th</sup>	5 <sup>th</sup>													
SP2																			1 <sup>st</sup>		2 <sup>nd</sup>	3 <sup>rd</sup>		4 <sup>th</sup>	5 <sup>th</sup>
DT												4 <sup>th</sup>	3 <sup>rd</sup>											2 <sup>nd</sup>	1 <sup>st</sup>
Turbo	1st	2nd	3rd		4th	5th								1st	2nd	3rd		4th	5th						

## Day Four – Sunday, June 30, 2019

[illegible]

## FIELD EVENTS

All Field Events will begin at **8:00 AM** and be on a rolling schedule. Listen to announcements for calls to your Field Event. Any athlete who does not check-in before their designated flight starts will be scratched from the event. Field Event athletes who have a conflict with a running event will be released by the Field Event official – **ONLY** - at the appropriate time. Field Event athletes will have 10 minutes to report back to their Field Event after their running event and be ready to compete.

*PV – Pole Vault    HJ (#) – High Jump (Pit)    LJ (#) – Long Jump (Pit)    SP (#) – Shot Put (Ring)*

[illegible]



