



## TENTATIVE SCHEDULE

| Time (ET) |  | Event                                     |
|-----------|--|-------------------------------------------|
| 12:00 PM  |  | Track Open For Warm-ups                   |
|           |  |                                           |
| 12:50 PM  |  | Wheelchair 100m - Racing WheelChairs Only |
|           |  | Long Jump                                 |
|           |  |                                           |
| 12:50 PM  |  | Wheelchair 100m - Day Chairs              |
|           |  | Javelin                                   |
|           |  |                                           |
| 1:00 PM   |  | 100m dash                                 |
|           |  | Shot Put                                  |
|           |  |                                           |
| 1:30 PM   |  | 800m dash                                 |
|           |  |                                           |
| 2:00 PM   |  | 400m dash                                 |
|           |  |                                           |
| 2:40 PM   |  | Sac Race Relay (4x50m)                    |
|           |  | Discus                                    |

|         |  |                                |
|---------|--|--------------------------------|
|         |  |                                |
| 3:00 PM |  | 200m Dash                      |
|         |  |                                |
| 3:40 PM |  | Plank Hold Competition         |
|         |  |                                |
| 4:00 PM |  | Event Break                    |
|         |  |                                |
| 4:15 PM |  | Three-legged Relay (Pairs) 60m |
|         |  |                                |
| 4:30 PM |  | Tug of War                     |
|         |  |                                |
| 5:00 PM |  | Relay Baton Race (4x100m)      |

#### Relay Baton Races:

- Adapted athletes may use a hand-to-hand exchange in lieu of a baton.

#### Team Event: Tug of War:

- Teams will be broken into brackets. The Winners of each bracket will advance on to the finals.

#### Field Event(s): Long Jump, Shot Put, Discus, and Javelin:

- Contestants will be divided into flights, and each competitor will be given three jumps/throws to showcase their skills.