



## SCHEDULE OF EVENTS

|   |   |  |
|---|---|--|
| 9:00 AM                                 | Doors Open - Packet/bib number Pick-Up Begins |  |
| 9:30 AM                                 | Implement Inspection near throws cage         |  |
| 10:00 AM                                | Race Walk Clinic (free)                       |  |
| <b>TRACK EVENTS</b>                     |   |  |
| 11:00 AM                                | 3000m   | Open, Masters men                        |
| Rolling schedule after 11:00 a.m. start | 3000m   | Open, Masters women                      |
|   | 400m  | Open, Masters, Youth                     |
|   | 1 Mile Race Walk                              | Open, Masters, Youth                     |
|   |   |  |
|   | 60m Hurdles                                   | Open, Masters                            |
|   | 60m   | Open, Masters, Youth                     |
|   | 1 Mile  | Open, Masters                            |
|   | 200m  | Open, Masters, Youth                     |
|   | Bill Quinlisk Memorial 800m                   | Open, Masters, Youth                     |
| <b>FIELD EVENTS</b>                     |   |  |
| 10:30 AM                                | High Jump                                     | Open, Masters<br>(Women followed by Men) |
| 10:30 AM                                | Long Jump                                     | Open, Masters, Youth                     |
| follows the completion of the Long Jump | Triple Jump                                   | Open, Masters                            |
| 11:00 AM                                | Pole Vault                                    | Open, Masters                            |
| 11:00 AM                                | Shot Put                                      | Open, Masters, Youth                     |
| follows the completion of the Shot Put  | Weight Throw                                  | Open, Masters                            |