

Masters, Open, Youth, High School (All Ages) Athletes

Friday, February 1, 2019

Field Events (MASTERS ONLY except Weight Throw)

6:00pm	Shot Put
6:30pm	Long Jump, High Jump, Standing Long Jump
7:30pm	Pole Vault, Weight Throw (including HS)
8:00pm	Triple Jump, Super Weight Throw

Saturday, February 2, 2019

<u>Running Events (women then men in all events)</u>				
12:00pm	60h	Youth/HS	Prelim	
12:15pm	60m	Youth/HS	Prelim	
12:30pm	60h	Masters		
12:45pm	60h	Youth/HS	Final	
1:00pm	60m	Masters		
1:15pm	60m	Youth/HS	Final	
1:30pm	1500m	Masters		
1:45pm	1600m	Youth/HS		
2:15pm	400m	Youth/HS		
2:40pm	800m	Masters		
2:50pm	800m	Youth/HS		
3:10pm	200m	Masters		
3:25pm	200m	Youth/HS		
3:40pm	3000m	Masters		
4:00pm	3200m	Youth/HS		
4:25pm	300m	Masters		
4:35pm	3000m	Racewalk	All ages	
4:55pm	400m	Masters		
5:10pm	1500m	Racewalk	All ages	

Field Events (YOUTH/HIGH SCHOOL ONLY)

Pole Vault
Shot Put
High Jump
Long Jump then Triple Jump