9:00 AM Long Jump (3 Jumps) 5 yrs on up

Flight 1: 6 and Under Boys and Girls Flight 4: 11 - 14 Girls

 Flight 2: 7 – 8 Girls
 Flight 5: 11 – 14 Boys

 Flight 3: 9 – 10 Girls
 Flight 6: 15 – 18 Girls

 Flight 4: 7 – 10 Boys
 Flight 7: 15 – 18 Boys

9:00 AM High Jump 9 yrs on up

Flight 1: All 9 – 12 Girls and Boys Flight 3: 13 – 18 Boys

Flight 2: 13 – 18 Girls

9:00 AM Javelin (3 Throws) 13 yrs and up

Flight 1: 13 – 18 Girls Flight 2: 13 – 18 Boys

9:00 AM Shot Put (3 Throws) 7 yrs and up

Flight 1: All 8 and Unders Flight 3: 9 – 12 Boys

Flight 2: 9 – 14 Girls Flight 4: 13-18 Boys and 15 – 18 Girls

After Completion of Javelin

Turbo Javelin (3 Throws) 7 – 12 yrs

Flight 1: All Girls 7 – 12 Flight 2: All Boys 7 - 12

After Completion of Turbo Javelin

Discus (3 Throws) 11 yrs and up

Flight 1: All Girls Flight 2: All Boys

After Completion of Long Jump

Triple Jump (3 Throws) 13 yrs and up

Flight 1: All Boys and Girls 13 – 18

## **RUNNING EVENTS**

9:00 AM 3000 Meter Run Age 13 and up 9:45 AM Running Event Finals

Running Event Finals400 Meter Hurdles (36")Boys Age 15 yrs and Up400 Meter Hurdles (30")Girls Ages 15yrs and Up200 Meter Hurdles (30")13 – 14 yr Division4x800 Meter RelayAge 13 yrs and up100 Meter DashParents/Masters/Open

100 Meter Dash All Ages

50 Meter4 years and Young1500 Meter Race WalkAge 9 yrs and up400 Meter DashAge 7 yrs and up1500 Meter RunAge 9 yrs and up

4x100 Meter Relay all Ages

4x100 Meter RelayParents/Masters/Open800 Meter RunAge 9 yrs and up110 Meter HurdlesBoys 15 yrs and up

**100 Meet Hurdles** Girls 13 yrs and up, Boys 13-14

**80 Metter Hurdles** Ages 11 and 12 **200 Meter Dash** All Ages

**4x400 Meter Relay** Age 7 yrs and up