

Monday - October 15, 2018

Field Events - Schedule

Arrive at least 60-Min before your first event - Events may start up to 30-Min Early, Rolling Start

9:00 Start			10:00 Start			11:00 Start		
First Call: 8:45, 2nd: 8:50, Final: 8:55			First Call: 9:45, 2nd: 9:50, Final: 9:55			First Call: 10:45, 2nd: 10:50, Final: 10:55		
<u>Event</u>	<u>Div</u>	<u>Count</u>	<u>Event</u>	<u>Div</u>	<u>Count</u>	<u>Event</u>	<u>Div</u>	<u>Count</u>
High Jump	W 70+	6	High Jump	W 60-69	4	High Jump	W 50-59	4
Javelin	W 60-64	6	Javelin	M 80+	13	Javelin	W 80+	7
Long Jump	M 50-54	12	Long Jump	M 55-59	6	Long Jump	M 60-64	12
Shot Put (2)	W 60-69	14	Shot Put (2)	W 50-59	8	Shot Put (2)	W 70-79	13
Shot Put (1)	M 60-64	4	Shot Put (1)	M 65-69	8	Shot Put (1)	M 75-79	9
						Standing LJ	W 60-69	6

12:00 Start			1:00 Start			2:00 Start		
First Call: 11:45, 2nd: 11:50, Final: 11:55			First Call: 12:45, 2nd: 12:50, Final: 12:55			First Call: 1:45, 2nd: 1:50, Final: 1:55		
<u>Event</u>	<u>Div</u>	<u>Count</u>	<u>Event</u>	<u>Div</u>	<u>Count</u>	<u>Event</u>	<u>Div</u>	<u>Count</u>
High Jump	M 80+	5	High Jump	M 70-74	12	High Jump	M 75-79	5
Javelin	W 50-59	6	Javelin	W 65-69	6	Javelin	W 70-79	12
Long Jump	M 65-69	8	Long Jump	M 70-74	8	Long Jump	M 75+	15
Shot Put (2)	W 80+	8	Shot Put (2)	M 55-59	3	Shot Put (2)	M 85+	6
Shot Put (1)	M 50-54	5	Shot Put (1)	M 80-84	9	Shot Put (1)	M 70-74	11
Standing LJ	W 70+	7	Standing LJ	W 50-59	5			

Monday - October 15, 2018

Track Events - Schedule

Arrive at least 60-Min before your first event - Events may start up to 30-Min Early

1500m run 11:00am Start
First Call: 10:45, 2nd: 10:50, Final: 10:55

<u>Div</u>	<u>Count</u>	<u>Heats</u>
<u>W 50-64</u>	10	1
<u>W 65+</u>	5	1

1500m run 11:30am Start
First Call: 11:15, 2nd: 11:20, Final: 11:25

<u>Div</u>	<u>Count</u>	<u>Heats</u>
M 50-59	11	1
M 60-64	8	1

1500m run 11:50am Start
First Call: 11:45, 2nd: 11:50, Final: 11:55

<u>Div</u>	<u>Count</u>	<u>Heats</u>
M 65-69	9	1
M 70-74	6	1

1500m run 12:10 Start
First Call: 12:15, 2nd: 12:20, Final: 12:25

<u>Div</u>	<u>Count</u>	<u>Heats</u>
M 75-84	11	1
M 85+	7	1

Tuesday - October 16, 2018

Field Events - Schedule

Arrive at least 60-Min before your first event - Events may start up to 30-Min Early - Rolling Start								
9:00 Start			10:00 Start			11:00 Start		
First Call: 8:45, 2nd: 8:50, Final: 8:55			First Call: 9:45, 2nd: 9:50, Final: 9:55			First Call: 10:45, 2nd: 10:50, Final: 10:55		
<u>Event</u>	<u>Div</u>	<u>Count</u>	<u>Event</u>	<u>Div</u>	<u>Count</u>	<u>Event</u>	<u>Div</u>	<u>Count</u>
Discus	W 50-59	6	Discus	W 60-64	8	Discus	W 65-69	7
High Jump	M 65-69	8	High Jump	M 60-64	11	High Jump	M 50-59	8
Javelin	M 60-64	10	Javelin	M 50-54	5	Javelin	M 65-69	6
Standing LJ			Standing LJ	M 80+	8	Standing LJ	M 75-79	12
	M 50-54	9						
	M 55-59	10						
12:00 Start			1:00 Start			2:00 Start		
First Call: 11:45, 2nd: 11:50, Final: 11:55			First Call: 12:45, 2nd: 12:50, Final: 12:55			First Call: 1:45, 2nd: 1:50, Final: 1:55		
<u>Event</u>	<u>Div</u>	<u>Count</u>	<u>Event</u>	<u>Div</u>	<u>Count</u>	<u>Event</u>	<u>Div</u>	<u>Count</u>
Discus	W 70-79	10				Discus	W 80+	9
Javelin	M 70-74	14	Javelin	M 75-79	9	Javelin	M 55-59	6
Long Jump	W 60-69	7	Long Jump**	W 70+	12	Long Jump	W 50-59	4
Standing LJ	M 60-64	14	Standing LJ	M 65-69	12	Standing LJ	M 70-74	11

Tuesday - October 16, 2018

Track Events - Schedule

Arrive at least 60-Min before your first event - Events may start up to 30-Min Early - Rolling Start								
200m Dash 10:30 Start			800m Run 11:15 Start			50m Dash 12:15 Start		
First Call: 10:15, 2nd: 10:20, Final: 10:25			First Call: 11:00, 2nd: 11:05, Final: 11:10			First Call: Noon, 2nd: 12:05, Final: 12:10		
<u>Div</u>	<u>Count</u>	<u>Heats</u>	<u>Div</u>	<u>Count</u>	<u>Heats</u>	<u>Div</u>	<u>Count</u>	<u>Heats</u>
<u>W 85+</u>			<u>W 65+</u>	6	1	<u>W 80+</u>	5	1
<u>W 75-84</u>	5	1	<u>W 50-64</u>	10	1	<u>W 75-79</u>	4	1
<u>W 65-74</u>	7	1				<u>W 70-74</u>	4	1
<u>W 60-64</u>	5	1				<u>W 65-69</u>	5	1
<u>W 55-59</u>	5	1				<u>W 60-64</u>	7	2
<u>W 50-54</u>	4	1				<u>W 55-59</u>	8	1
						<u>W 50-54</u>	4	1
<u>M 80+</u>	6	1	<u>M 85+</u>	5	1			
M 80-84	8	1	M 80-84	7	1	M 85+	8	1
M 75-79	8	1	M 75-79	6	1	M 80-84	8	1
M 70-74	9	2	M 70-74	9	2	M 75-79	12	1
			M 65-69	5	1			
M 65-69	12	2	M 60-64	7	1	M 70-74	16	2
M 60-64	13	2	M 55-59	11	2	M 65-69	19	3
M 55-59	11	2	M 50-54	5	1	M 60-64	17	3
M 50-54	7	1				M 55-59	19	3
						M 50-54	13	2

Wednesday - October 17, 2018

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9:00 Start			10:00 Start			11:00 Start		
First Call: 8:45, 2nd: 8:50, Final: 8:55			First Call: 9:45, 2nd: 9:50, Final: 9:55			First Call: 10:45, 2nd: 10:50, Final: 10:55		

<u>Event</u>	<u>Div</u>	<u>Count</u>	<u>Event</u>	<u>Div</u>	<u>Count</u>	<u>Event</u>	<u>Div</u>	<u>Count</u>
Discus	M 50-54	6	Discus	M 55-59	5	Discus	M 60-64	6
Triple Jump	<u>W70+</u>	7	Triple Jump	W 50-69	6	Triple Jump	M 50-59	10

12:00 Start			1:00 Start			2:00 Start		
First Call: 11:45, 2nd: 11:50, Final: 11:55			First Call: 12:45, 2nd: 12:50, Final: 12:55			First Call: 1:45, 2nd: 1:50, Final: 1:55		

<u>Event</u>	<u>Div</u>	<u>Count</u>	<u>Event</u>	<u>Div</u>	<u>Count</u>	<u>Event</u>	<u>Div</u>	<u>Count</u>
Discus	M 65-69	9	Discus	M 70-74	10	Discus	M 75+	15
Triple Jump	M 60-69	9	Triple Jump	M 80+	6	Triple Jump	M 70-79	14
			Triple Jump	M 65-69	3			

***Please Note: The M 80+ will go first, before the M65-69

Wednesday - October 17, 2018

Track Events - Schedule

Arrive at least 60-Min before your first event - Events may start up to 30-Min Early

3000m Women 10:30 Start	100m Dash 11:45am Start	400m Run 12:45 Start
First Call: 10:15, 2nd: 10:20, Final: 10:25	First Call: 11:30, 2nd: 11:35, Final: 11:40	First Call: 12:30, 2nd: 12:35, Final: 12:40

<u>Div</u>	<u>Count</u>	<u>Heats</u>	<u>Div</u>	<u>Count</u>	<u>Heats</u>	<u>Div</u>	<u>Count</u>	<u>Heats</u>
<u>W 65+</u>	2	1	<u>W 75+</u>	11	2	<u>W 80+</u>	2	1
<u>W 50-64</u>	11	1	<u>W 65-74</u>	10	2	<u>W 70-79</u>	7	1
			<u>W 60-64</u>	6	1	<u>W 60-69</u>	7	1
			<u>W 55-59</u>	8	1	<u>W 50-59</u>	9	1
			<u>W 50-54</u>	5	1			

3000m Men 11:00 Start
First Call: 10:45, 2nd: 10:50, Final: 10:55

M 80+	8	1	M 85+	9	2	M 80+	10	2
M 70-79	7	1	M 80-84	7	1	M 75-79	8	1
M 65-69	2	1	M 75-79	16	2	M 70-74	8	1
M 60-64	5	1	M 70-74	11	2	M 65-69	12	2
M 55-59	7	1	M 65-69	18	3	M 60-64	11	2
M 50-54	2	1	M 60-64	22	3	M 55-59	14	2
			M 55-59	17	3	M 50-54	12	1
			M 50-54	12	2			

* 4 x 100m Relay 1:45 Start
First Call: 1:30, 2nd: 1:35, Final: 1:40

<u>Div</u>	<u>Count</u>	<u>Heats</u>
200-236	—	—
237-272	—	—
273+	—	—

* Informal, Sign-up at Clerk of Course