



2018 Revised Track and Field Schedule

(changes from the original schedule are highlighted)

Saturday, Aug. 11

9 a.m.

Hammer throw, weight throw to follow (men 70-79)
Running long jump, standing long jump to follow (women, all ages)

9:30 a.m.

Javelin throw (men 80+)

10 a.m.

1,500-meter run (men, all ages)

10:30 a.m.

100-meter dash trials (if necessary) – M50; M55; M65; M70 – NOTE: IF 8 OR FEWER
CHECK IN FOR ANY OF THESE AGE GROUPS, FINAL WILL BE RUN AT 10:30.

10:45 p.m.

Running long jump, standing long jump to follow (men 80+)

11 a.m.

Hammer throw, weight throw to follow (men 50-69)

Javelin throw (men 70-79)

1,500-meter run (women, all ages)

12:30 p.m.

1,500-meter race walk (women)

Running long jump, standing long jump to follow (men 70-79)

Javelin throw (men 50-59)

1 p.m.

Hammer throw, weight throw to follow (women, all ages)

1,500-meter race walk (men)

1:30 p.m.

Javelin throw (men 60-69)

100-meter dash (men, oldest to youngest)

2 p.m.

Running long jump, standing long jump to follow (men 60-69)

100-meter dash (women, oldest to youngest)

2:30 p.m.

50-meter dash (men, oldest to youngest)

2:45 p.m.

50-meter dash (women, oldest to youngest)

3 p.m.

Hammer throw, weight throw to follow (men 80+)

Running long jump, standing long jump to follow (men 50-59)

Javelin throw (women, all ages)

3:30 p.m.

400-meter dash (men, oldest to youngest)

4 p.m.

400-meter dash (women, oldest to youngest)

Sunday, Aug. 12

9 a.m.

High jump (men 50-69)

Triple jump (men 70+)

Shot put (men 70-74)

Discus throw (men 50-69)

10 a.m. – 2 p.m.

Football, Frisbee and softball throws (men and women), open pit.

10 a.m.

800-meter run (men, all ages)

Shot Put (men 75-79)

Discus Throw (men 70-74)

Triple jump (men 50-69)

10:30 a.m.

High jump (men 70+)

10:45 a.m.

Shot put (men 50-69)

800-meter run (women, all ages)

11 a.m.

Discus throw (men 75-79)

Triple jump (women, all ages)

11:30 a.m.

1,500-meter Power Walk (men and women, all ages)

Noon

Shot put (women 50-64)

Discus throw (women 75+)

High Jump (women, all ages)

12:30 p.m.

200-meter dash (men, oldest to youngest)

1 p.m.

200-meter dash (women, oldest to youngest)

Discus throw (men 80+)

Shot put (women 65+)

Pole vault (men and women)

1:30 p.m.

1-mile precision walk (men and women)

2:15 p.m.

Shot put (men 80+)

Discus throw (women 50-74)

Field Events Schedule

Hammer and Weight Throws (Saturday)

9 a.m.	M70-79
11 a.m.	M50-69
1 p.m.	Women (all)
3 p.m.	M80+

Javelin Throw (Saturday)

9:30 a.m.	M80+
11 a.m.	M70-79
12:30 p.m.	M50-59
1:30 p.m.	M60-69
3 p.m.	Women (all)

Long Jump/Standing Long Jump (Saturday)

9 a.m.	Women (all)
10:45 a.m.	M80+
12:30 p.m.	M70-79
2 p.m.	M60-69
3 p.m.	M50-59

Shot Put (Sunday)

9 a.m.	M70-74
10 a.m.	M75-79
10:45 a.m.	M50-69
Noon	W50-64
1 p.m.	W65+
2:15 p.m.	M80+

Discus Throw (Sunday)

9 a.m.	M50-69
10 a.m.	M70-74
11 a.m.	M75-79
Noon	W75+
1 p.m.	M80+
2:15 p.m.	W50-74

Triple Jump (Sunday)

9 a.m.	M70+
10 a.m.	M50-69
11 a.m.	Women (all)

High Jump (Sunday)

9 a.m.	M50-69
10:30 a.m.	M70+
Noon	Women (all)

Pole Vault (Sunday)

1 p.m.	Men and Women (all)
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Football, Frisbee, and Softball Throws

10 a.m.-2 p.m.	Men and Women (open pit)
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Track Events Schedule

Saturday

10 a.m.	1,500-meter run (men)
10:30 a.m.	100-meter dash trials (M50; M55; M65; M70)
11 a.m.	1,500-meter run (women)
12:30 p.m.	1,500-meter race walk (women)
1 p.m.	1,500-meter race walk (men)
1:30 p.m.	100-meter dash finals (men)
2 p.m.	100-meter dash finals (women)
2:30 p.m.	50-meter dash (men)
2:45 p.m.	50-meter dash (women)
3:30 p.m.	400-meter dash (men)
4 p.m.	400-meter dash (women)

Sunday

10 a.m.	800-meter run (men)
10:45 a.m.	800-meter run (women)
11:30 a.m.	1,500-meter power walk (men and women)
12:30 p.m.	200-meter dash (men)
1 p.m.	200-meter dash (women)
1:30 p.m.	1-mile precision walk (men and women)