



TRACK AND FIELD | SATURDAY, AUG. 10

Schedule and event breakdown. Times are subject to change based on weather and participation. Check your email, our website and at sign-in on the day of your event for potential time changes.

TIME	EVENT
9 AM	Hammer throw (men 70-79, followed by weight throw)
9 AM	Running long jump with standing long jump to follow (women, all ages)
9:30 AM	Javelin throw (men 80-plus)
10 AM	1500-meter run (men, all ages)
10:30 AM	Javelin throw (men 70-79)
10:30 AM	100-meter dash trials (if necessary)
10:45 AM	Running long jump (men 80-plus, followed by standing long jump)
11 AM	Hammer throw (men 50-59, followed by weight throw)
11 AM	1500-meter run (women, all ages)
12:30 PM	1500-meter race walk (men and women)
12:30 PM	Running long jump (men 70-79, followed by standing long jump)
12:30 PM	Javelin throw (men 50-59)
1 PM	Hammer throw (women, all ages, followed by weight throw for all ages)
1:30 PM	Javelin throw (men 60-64)
1:30 PM	100-meter dash (men, oldest to youngest)
2 PM	Running long jump (men 60-69, followed by standing long jump)
2 PM	Javelin throw (men 65-69)
2 PM	100-meter dash (women, oldest to youngest)
2:30 PM	50-meter dash (men, oldest to youngest)
2:45 PM	50-meter dash (women, oldest to youngest)
2:45 PM	Hammer throw (men 80-plus, followed by weight throw)
3:30 PM	Running long jump (men 50-59, followed by standing long jump)
3:30 PM	Javelin throw (women, all ages)
3:30 PM	400-meter dash (men, oldest to youngest)
3:45 PM	400-meter dash (women, oldest to youngest)
4:30 PM	Hammer throw (men 60-69, followed by weight throw)

TRACK AND FIELD | SUNDAY, AUG. 11

Schedule and event breakdown. Times are subject to change based on weather and participation. Check your email, our website and at sign-in on the day of your event for potential time changes.

TIME	EVENT
9 AM	Triple jump (men 80-plus)
9 AM	Shot put (men 70-79)
9 AM	Discus throw (men 50-59)
10 AM-2 PM	Football, Frisbee and softball throws (men and women), open pit
10 AM	800-meter run (men, all ages)
10:15 AM	Shot put (men 50-59)
10:30 AM	High jump (men, all ages)
10:30 AM	Triple jump (men 70-79)
10:30 AM	Discus throw (men 60-69)
10:45 AM	800-meter run (women, all ages)
11:30 AM	Shot put (men 60-69)
11:30 AM	1500m Power Walk (men and women, all ages)
Noon	High Jump (women, all ages)
Noon	Discus throw (men 70-79)
12:30 PM	Shot put (women 50-69)
12:30 PM	200-meter dash (men, oldest to youngest)
1 PM	200-meter dash (women, oldest to youngest)
1 PM	Triple jump (women, all ages)
1 PM	Pole vault (men and women)
1:30 PM	Shot put (women 70-plus)
1:30 PM	Discus throw (women 50-69)
1:30 PM	1-mile precision walk (men and women)
2 PM	Triple jump (men 60-69)
2:30 PM	Shot put (men 80-plus)
2:30 PM	Discus throw (women 70-plus)
3 PM	Triple jump (men 50-59)
3:30 PM	Discus throw (men 80-plus)

