

Track	Start Time												
3000m	9:00 AM	Females (11 and up)	Males (11 and up)										
100m	Rolling	8 and under F	8 and under M	9-10F	9-10M	11-12F	11-12M	13-14F	13-14M	15-16F	15-16M	17-18F	17-18M
80m Hurdles	Rolling	11-12F	11-12M										
100m Hurdles	Rolling	13-14F	13-14M	15-16F	17-18F								
110m Hurdles	Rolling	15-16M	17-18M										
800m	Rolling	8 and under F	8 and under M	9-10F	9-10M	11-12F	11-12M	13-14F	13-14M	15-16F	15-16M	17-18F	17-18M
400m	Rolling	8 and under F	8 and under M	9-10F	9-10M	11-12F	11-12M	13-14F	13-14M	15-16F	15-16M	17-18F	17-18M
1500m	Rolling	8 and under F	8 and under M	9-10F	9-10M	11-12F	11-12M	13-14F	13-14M	15-16F	15-16M	17-18F	17-18M
200m	Rolling	8 and under F	8 and under M	9-10F	9-10M	11-12F	11-12M	13-14F	13-14M	15-16F	15-16M	17-18F	17-18M
1500m/3000m RW	Rolling	All (1500 9-12 3000 13-18)											
Field													
Javelin	9:00 AM	13-14F	13-14M	15-16F	15-16M	17-18F	17-18M						
Mini-Javelin	9:00 AM	8 and under F	8 and under M	9-10F	9-10M	11-12F	11-12M						
Long Jump Pit #1	9:00 AM	9-10M	11-12M	13-14M	15-16M	17-18M	8 and under M						
Long Jump Pit #2	9:00 AM	9-10F	11-12F	13-14F	15-16F	17-18F	8 and under F						
Discus	9:00 AM	11-12F	11-12M	13-14F	13-14M	15-16F	15-16M	17-18F	17-18M				
Shot Put	9:00 AM	17-18F	17-18M	8 and under F	8 and under M	9-10F	9-10M	11-12F	11-12M	13-14F	13-14M	15-16F	15-16M
High Jump	9:00 AM	15-16F	15-16M	17-18F	17-18M	9-10F	9-10M	11-12F	11-12M	13-14F	13-14M		