



Special Olympics *Washington*

2010 Track & Field Event Schedule *Track*

| Time | Event | Gender | Track West/East |
|-------------|--------------------|---------------|----------------------------|
| 8:30 am | 1500 M Run | All | |
| 8:30 am | 30/50 M W/C Slalom | All | East |
| 8:30 am | 25 M Obstacle | All | East |
| 9:00 am | 800 M Walk | All | |
| 9:15 am | 800 M Run | All | |
| 9:30 am | 50 M Run | Female | West |
| 9:40 am | 50 M Walk | Female | East |
| 10:00 am | 100 M Run | Female | West |
| 10:00 am | 100 Walk | Female | East |
| 10:20 am | 110 M Hurdles | Male | West |
| 10:40 am | 50 M Run | Male | West |
| 10:40 am | 50 M Walk | Male | East |
| 11:00 am | 100 W/C Manual | All | East |
| 11:00am | 25 M Assisted Walk | All | East |
| 11:00 am | 25 W/C Manual | All | East |
| 11:00 am | 25 MO Straight | All | East |
| 11:00 am | 10 M W/C | All | East |
| 11:10 am | 50 M Assisted Walk | All | East |
| 11:20 am | 100 M Run | Male | West |
| 11:30 am | 100 M Walk | Male | East |
| 12:00 Noon | 400 M Walk | Male | |
| 12:30 pm | 400 M Run | Male | |
| 1:00 pm | 400 M Walk | Female | |
| 1:30 pm | 400 M Run | Female | |
| 2:00 pm | 200 M Walk | Male | |
| 2:30 pm | 200 M Run | Male | |
| 3:00 pm | 200 M Walk | Female | |
| 3:30 pm | 200 M Run | Female | |
| 4:00 pm | 4x100 Relays | All | |



Special Olympics
Washington

2010 Track & Field Schedule
Field Events

| Time | Event | Gender |
|-------------|--------------------|---------------|
| 9:00 am | Tennis Ball Throw | All |
| 9:00 am | Shot Put | Male |
| 9:00 am | Running Long Jump | Male |
| 9:00 am | Standing Long Jump | Male |
| 9:10 am | Softball Throw | Male |
| 12:30 pm | Shot Put | Female |
| 12:30 pm | Running Long Jump | Female |
| 12:30 pm | Standing Long Jump | Female |
| 12:30 pm | Softball Throw | Female |