

Section 1 Male Field Events				Ages 8-15	Ages 16-21	Ages 22+
Running Long Jump ATRUNN	Male			10:00	10:45	11:30
Males 8-15 (8) 16-21 (18) 22+ (5)						
Tennis Ball Throw ATENN	Male			10:00	10:45	11:30
Males 8-15 (27) 16-21 (3) 22+ (1)						
Shot Put ATSHOT	Male			10:00	10:45	11:30
Males 8-15 (8) 16-21 (21) 22+ (7)						
Softball Throw ATSOFT	Male			10:00	10:45	11:30
Males 8-15 (30) 16-21 (15) 22+ (4)						
Standing Long Jump ATSTAN	Male			10:00	10:45	11:30
Males 8-15 (10) 16-21 (2) 22+ (0)						
Coaches / Escorts Please note: Running Events take precedence to field events.						
Athletes can go back to field events after they run.						
Section 2 West Side Male / Female Running Events						
10 M Wheelchair AT10WC 8-15 (1)	M/F	W		10:20		
8-15 (1)						
25 Assisted Walk AT25AW	M/F	W		10:30		
Females 8-15 (2) 16-21 (2) 22 (0) Males 8-15 (5) 16-21 (3) 22+ (0)						
25 Manual W/C AT25WC	M/F	W		10:40		
Females 16-21 (1)						
30 M Motor W/C AT30MS	M/F	W		10:50		
Females 22+ (1) Males 8-15 (1)						
50 M Assist Walk AT50AW	M/F	W		11:00		
Females 8-15 (1) 16-21 (2) Males 8-15 (2) 16-21 (6)						
50 M Motor W/C AT50MS	M/F	W		11:15		
Females 8-15 (1) Males 8-15 (1)						
Section 3 Female East Side Running Events						
400 M run AT400	Female	E		10:00		
Females 8-15 (4) 16-21 (0) 22+ (1)						
400 M run AT400	Male	E		10:05		
Males 8-15 (9) 16-21 (2) 22+ (2)						
50 M Walk AT50MW	Female	E		10:15		
Females 8-15 (3) 16-21 (2) 22+ (9)						
100 M Walk	Female	E		10:30		
Females 8-15 (7) 16-21 (9) 22+ (15)						
50 M Dash AT50MD	Female	E		10:45		
Females 8-15 (18) 16-21 (19) 22+ (1)						
100 M Dash	Female	E		11:05		
Females 8-15 (12) 16-21 (19) 22+ (1)						
200 M Walk	Frmale	E		11:25		
Females 8-15 (10) 16-21 (10) 22+ (5)						
200 M Run AT200M	Frmale	E		11:40		
Females 8-15 (7) 16-21 (11) 22+(6)						

Section 4 Female Field Events			Ages 8-15	Ages 16-21	Ages 22+
Tennis Ball Throw ATENN	Female		11:30	12:00	12:30
Females 8-15 (13) 16-21 (4) 22+ (0)					
Running Long Jump ATRUNN	Female		11:30	12:00	12:30
Females 8-15 (3) 16-21 (8) 22+ (2)					
Shot Put ATSHOT	Female		11:30	12:00	12:30
Females 8-15 (1) 16-21 (3) 22+ (4)					
Softball Throw ATSOFT	Female		11:30	12:00	12:30
Females 8-15 (13) 16-21 (23) 22+ (12)					
Standing Long Jump ATSTAN	Female		11:30	12:00	12:30
Females 8-15 (6) 16-21 (4) 22+ (2)					
Coaches / Escorts Please note: Running Events take precedence to field events.					
Athletes can go back to field events after they run.					
Section 5 Male East/West Side Running Events					
50 M Walk AT50MW	Male	W	12:00		
Males 8-15 (6) 16-21 (2) 22+ (7)					
100 M Walk	Male	W	12:10		
Males 8-15 (20) 16-21 (5) 22+ (8)					
50 M Dash AT50MD	Male	E	12:00		
Males 8-15 (33) 16-21 (26) 22+ (4)					
100 M Dash	Male	E	12:20		
Males 8-15 (37) 16-21 (26) 22+ (4)					
200 M Walk	Male	E	12:50		
Males 8-15 (16) 16-21 (7) 22+ (1)					
200 M Run AT200M	Male	E	1:10		
Males 8-15 (19) 16-21 (12) 22+ (6)					
4x100 relays	M/F	E	1:30		
8 mixed teams					
Competition Ends			1:45		