

Saturday Track

9:30 AM M/W 35-69 10000 M Run
 10:30 AM M/W 45-79 5000 M Race Walk
 11:30 AM M60-79 2000 M Steeplechase
 11:45 AM M30-59 3000 M Steeplechase
 12:05 PM W45-54 80 Short Hurdles 30"
 12:10 PM M70-79 80 Short Hurdles 30"
 12:15 PM M60-69 100 Short Hurdles 33"
 12:15 PM M50-59 100 Short Hurdles 36"
 12:25 PM W45-74 100 M Dash
 12:30 PM M30-94 100 M Dash
 1:10 PM W45-79 1 Mile Run Age Graded
 1:25 PM M40-79 1 Mile Run Age Graded
 1:40 PM W45-79 400 M Dash
 1:50 PM M40-94 400 M Dash

Saturday Field

9:30 AM W30-89 Discus
 9:30 AM M60-69 Shot Put
 10:30 AM M70-84 Discus
 10:30 AM M35-59 Shot Put
 10:30 AM M60-69 Hammer
 10:30 AM W35+ & M65+ Long Jump
 10:30 AM M45-64 High Jump
 11:30 AM W50+ & M80 Shot Put
 11:30 AM M50-59 Hammer
 11:40 AM M60-69 Discus
 12:00 PM M30-64 Long Jump
 12:15 PM W35-74 & M65-84 High Jump
 12:30 PM W40-49 & M70-79 Shot Put
 12:30 PM W65-74 & M80 Hammer
 1:00 PM M50-59 Discus
 1:45 PM W35 & M70-79 Hammer
 1:50 PM M30-49 Discus

Sunday Track

9:30 AM W40-79 5000 M Run
 10:05 AM M30-79 5000 M Run
 10:40 AM M40 400 Long Hurdles 36"
 10:50 AM W50 300 Long Hurdles 30"
 10:50 AM M60-79 300 Long Hurdles 30"
 11:00 AM W45-79 800 M Run
 11:05 AM M40-94 800 M Run
 11:20 AM X35-79 1 Mile Race Walk
 11:45 AM W45-74 200 M Dash
 11:50 AM M30-94 200 M Dash
 12:15 PM W40-64 1500 M Run
 12:25 PM M35-79 1500 M Run
 1:00 PM W30-89 4x100 M Relay
 1:00 PM M30-99 4x100 M Relay
 1:05 PM X30-69 4x800 M Relay
 1:20 PM W40-89 4x400 M Relay
 1:20 PM M30-69 4x400 M Relay

Sunday Field

9:30 AM W65-89 & M80 Javelin
 9:30 AM M50 Weight Throw
 10:15 AM W50-59 & M70-79 Javelin
 10:15 AM W65-89 & M80 Weight Throw
 10:30 AM M40-79 Pole Vault
 11:00 AM W35-49 & M60-69 Javelin
 11:00 AM M70-79 Weight Throw
 11:20 AM M40-64 Triple Jump
 12:00 PM M60-69 Weight Throw
 12:15 PM M45-59 Javelin
 12:30 PM W30-89 & M65+ Triple Jump
 12:45 PM W65-89 & M80 Super Weight
 1:00 PM M70-79 & M60-69 Super Weight