

TRACK AND FIELD SCHEDULE
SATURDAY, JUNE 7TH

AM			Heat #s
8:00	5000 Meter Run	(M/F)	1-1
8:40	200 Meter Run	(F)	2-1: 2-4
8:55	200 Meter Run	(M)	2-5: 2-21
9:20	30 Meter WC Motorized Slalom	(M/F)	3-1: 3-2
9:25	400 Meter Walk	(M/F)	4-1: 4-8
10:10	50 Meter Dash (16-29)	(M)	5-1: 5-14
10:30	50 Meter Dash (30+)	(M)	5-15: 5-23
10:45	800 Meter Walk	(M/F)	6-1: 6-2
11:00	25 Meter Assisted Walk	(M/F)	7-1
11:05	25 Meter Walk	(M/F)	8-1: 8-3
11:25	100 Meter Walk	(M/F)	9-1: 9-8
11:40	4X100 Meter Relay (8-15)	(M)	10-1
11:45	4X100 Meter Relay (16-21)	(M)	10-2: 10-4
12:00	4X100 Meter Relay	(F)	10-5
PM			
12:30	Future Stars Race		
1:15	4X100 Meter Walk Relay	(M/F)	11-1:11-2
1:25	4X100 Meter Relay (22+)	(M)	10-6: 10-13
	AWARDS BREAK		
2:15	100 Meter Dash (16+)	(F)	12-1: 12-9
FIELD AM:			
8:00	Softball Throw* (16-29)	(F)	
8:30	Softball Throw* (30+)	(F)	
8:45	Shot Put	(F)	
9:15	Tennis Ball Throw*	(F)	
10:00	WC Softball Throw*	(M/F)	
10:00	WC Tennis Ball Throw*	(M/F)	
10:15	Mini Javelin Throw*	(F)	
11:15	Running Long Jump	(M)	
FIELD PM:			
1:00	Standing Long Jump (8-15)	(M)	
1:30	Standing Long Jump (16+)	(M)	
2:30	Shot Put	(M)	