



## Athletics Schedule of Events

### TENTATIVE – June 8, 2019 - Saturday Competition

#### Track Events

Time	Event	Gender
7:30 AM	5K	All
8:30 AM	400 M Run	Female
8:45 AM	400 M Walk and WC	Female
9:00 AM	Pentathlon – 100 M Run	ALL
9:00 AM	100 M Run	Female
10:00 AM	100 M Walk/Assisted/WC	Female
10:00 AM	Shorter WC races (all)	All
10:15 AM	50 M Run	Female
11:00 AM	50 M Walk/all Assisted Races	Female
11:15 AM	800 M Run and Walk	ALL
11:45 AM	200 M run	Female
12:00 PM	200 M Walk	Female
12:15 PM	200 M run	Male
12:45 PM	200 M Walk	Male
1:00 PM	50 M Run	Male
1:15 PM	50 M Walk/all Assisted Races	Male
1:30 PM	100 M Run	Male
2:00 PM	100 M Walk/Assisted/WC	Male
2:15 PM	Pentathlon – 400 M Run	Male
2:15 PM	400 M Run	Male
2:30 PM	400 M Walk and WC	ALL
2:45 PM	Relays begin	All

#### Field Events

Time	Event	Gender
10:45 AM	Tennis Ball Throw	Male
11:00 AM	Shot Put	Male
11:15 AM	Softball Throw	Male
11:30 AM	MATP	ALL
12:15 PM	Shot Put – WC	ALL
12:15 PM	Pentathlon – Shot Put	ALL
12:30 PM	Shot Put	Female
12:30 PM	Softball Throw	Female
1:30 PM	Tennis Ball Throw	Female

**Healthy Athletes –  
1 PM – 6 PM  
Olympic Town –  
1PM – 8 PM**

Events shaded in GRAY will be preliminary races, with finals taking place on Sunday (400M and under).

### TENTATIVE – June 9, 2019 Sunday Competition

#### Track Events

Time	Event	Gender
7:30 AM	1500 M run and walk	All
8:30 AM	400 M Run	Female
8:45 AM	400 M Walk and WC (all)	Female
9:00 AM	100 M Run	Female
9:30 AM	100 M Walk/Assisted/WC	Female
9:45 AM	50 M Run	Female
10:00 AM	50 M Walk/all Assisted Races	Female
10:15 AM	200 M run	Female
10:30 AM	200 M Walk	Female
10:45 AM	200 M run	Male
11:15 AM	200 M Walk	Male
11:30 AM	50 M Run	Male
11:45 AM	50 M Walk/all Assisted Races	Male
12:00 PM	100 M Run	Male
12:30 PM	100 M Walk/Assisted/WC	Male
1:00 PM	400 M Run	Male
1:15 PM	400 M Walk and WC	Male

#### Field Events

Time	Event	Gender
8:30 AM	Pentathlon - High Jump	ALL
9:30 AM	Standing Long Jump	Male
9:30 AM	Running Long Jump	Male
11:00 AM	Standing Long Jump	Female
11:00 AM	Running Long Jump	Female
11:00 AM	Pent.-Running Long Jump-warm up	ALL
11:15 AM	Pentathlon-Running Long Jump	ALL

