**Schedule for morning Track and Field meets for 2019 Season - June 8th, July 22nd, July 6th, and July 13th**

**8:00 am** – Bib pick up and late registration opens. Late registration closed at 10:30am and cost 5 dollars. (CASH ONLY)

**8:30am** – all ages 3200-meter run

**9:00 am** – Age 12 and Under Long Jump (2 attempts)

**9:00am** – Age 12 and Under Shot Put (2 attempts) **MUST HAVE A SHOT PUT**

**9:00 am** – Age 13 and over Mixed Gender Pole Vault

**9:30 am** – Age 13 and over Mixed Gender Throwing Trifecta – 1st Shot, 2nd Discus, 3rd Javelin

 (3 attempts per implement)

**10:00 am** - Age 12 and Under Track Events: **100m, 1600m, 200m**

**10:00 am** – Age 13 and over Mixed Gender Throwing Trifecta – 1st Shot, 2nd Discus, 3rd Javelin

 (3 attempts per implement)

**10:00 am** - Age 13 and Over Mixed Gender Field Events: Long Jump

**11:15 am** - Age 13 and Over Track Events in the following order:

Female 100h Male 110h

Female 100m Male 100m

Female 1600m Male 1600m (genders may run together, scored separately)

Mixed Gender 4x100m (4x100 – is not timed, no medals)

Female 400m Male 400m

Female 800m Male 800m (genders may run together, scored separately)

Female 200m Male 200m

**12 and under Age groups** – 0-5, 6-7, 8-9, 10-12

**13 and older Age groups** – 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and up.

**For all Events females and males may compete together but will be scored separately by age groups.**