

Running & Field Events will run Girls followed by Boys. Youngest to the Oldest EXCEPT the High Jump and Discus. Please be aware that some races may not be contested, so all athletes should be ready to compete. **Gate entry is \$5 for ages 7 and above. Team packets will include wrist bands for athletes**

Field Events Starts at 8:30am

Long Jump: 7-9, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters

Triple Jump: 13-14, 15-16, 17-18, Open Masters

Shot Put: 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open Masters

High Jump: Masters, Open, 17-18, 15-16, 13-14, 11-12, 9-10

Discus: Open, Masters, 17-18, 15-16, 13-14, 11-12

Turbo Javelin: 7-8, 9-10, 11-12

Pole Vault: 15-16, 17-18, Open, Master

Running Events Start at 8:00am

3000m: 11-12, 13-14, 15-16, 17-18, Open, Masters

80m Hurdles: 11-12

100m Hurdles: 13-14, 15-16, 17-18, Open, Masters

110m Hurdles: 15-16, 17-18, Open, Masters

4x800 Relay: 11-12, 13-14, 15-16, 17-18, Open, Masters

100m Dash: 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Master

1500m Run: 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters

400m Dash: 7-8, 9-10, 11-12, 13-14, 15,16, 17-18, Open, Masters

200m Hurdles: 13-14

400m Hurdles: 15-16, 17-18, Open, Masters

4x100m Relay: 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters

800m Run: 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Master

200m Run: 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Master

4x400 Relay: 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Master