

| Race Time | Track 1 Bull Pen                  | Running Long Jump | Shot Put/ Mini Jav                     |
|-----------|-----------------------------------|-------------------|----------------------------------------|
| 10:00     | ALL 3000 METER RUN                |                   | MINI JAV- FEMALE<br>F01, F02, F03, F04 |
| 10:15     |                                   |                   | MINI JAV- FEMALE<br>F05, F06, F07      |
| 10:30     | 800 M RUN<br>M01, M02             |                   | MINI JAV- JUNIOR<br>M01, M02, M03      |
| 10:45     | 800 M RUN<br>M03, PENT            |                   | MINI JAV- MALE<br>M01, M02             |
| 11:00     | ALL 800 METER WALK +<br>100M PENT |                   | MINI JAV- MALE<br>M03, M04             |
| 11:15     | 4 X 100 M RUN<br>C01, C02         |                   | MINI JAV- MALE<br>M05                  |
| 11:30     | 4 X 100 M RUN<br>C03, C04         |                   | MINI JAV- MALE<br>M06, M07             |
| 11:45     | 4 X 100 WALK<br>C01, C02, C03     |                   |                                        |
| 12:00     |                                   |                   |                                        |
| 12:15     |                                   |                   | ALL MALE SHOT PUT<br>M01-M07 with PENT |
| 12:30     | ALL 4 X 400 RUN                   |                   |                                        |
| 12:45     | 200 M RUN<br>F01-F03              |                   |                                        |
| 13:00     | 200 M RUN<br>F04-F07              |                   |                                        |
| 13:15     | 200 M RUN<br>M01, M02, M03        |                   | ALL FEMALE SHOT PUT<br>M01-M03         |
| 13:30     | 200 M RUN<br>M04-06               |                   |                                        |
| 13:45     | 200 M RUN<br>M07, M08             |                   |                                        |

**All RELAYS** should report to the **TRACK 1 BULLPEN** 30 minutes prior to the race start time

All other races should report to the **BULLPEN** 15 minutes prior to the race start time

**NOTE:** All Saturday Races report to bull pen 1 and will be awarded at Track 1 Awards (southside of Track)

Mini Jav will be awarded at the Mini Jav Venue.  
Shotput and RLJ, in the grassy area south of the shotput pits.

| Race Time | Track 1 Bull Pen           | Running Long Jump             | Shot Put/ Mini Jav |
|-----------|----------------------------|-------------------------------|--------------------|
| 14:00     | 200 M RUN<br>M09, M10      | RUNNING LONG JUMP<br>F01, F02 |                    |
| 14:15     | 200 M RUN<br>M11, M12      |                               |                    |
| 14:30     | 400 M WALK<br>F01- F03     | RUNNING LONG JUMP<br>PENT     |                    |
| 14:45     | 400 M WALK<br>M01, CO-PART | RUNNING LONG JUMP<br>M01, M02 |                    |
| 15:00     | 400 M RUN<br>F01, F02      | RUNNING LONG JUMP<br>M03      |                    |
| 15:15     | 400 M RUN<br>M01-M03       | HIGH JUMP PENT                |                    |
| 15:30     | ALL 1500 M RUN             |                               |                    |