

Sunday, July 18, 2010
 Packet Pick-up/Registration: 9:30 am

Track Schedule of Events

- 10:00** Racewalks - All
- 10:30** 3000m - MG/MB/YG/YB/SG/SB
- 10:45** 110m HH - OM (42")
 110m HH - SB (39")
 100m HH - MM 50-59 (36", 8.5)
 100m HH - YB/SG/OW MW 30-39 (33", 8.5)
 100m HH - MM 60-69 (33", 8.0)
 100m HH - YG (30", 8.0)
 80m HH - MW 40-49 (30", 8.0)
 80m HH - MG/MB (30", 7.5)
 80m HH - MM 70-79/MW50-59 (30", 7.0)
 80m HH - MM 80+/MW 60+ (27", 7.0)
- 11:00** 800m Run - All
- 11:30** 100m Dash Finals - All divisions
- 11:45** 400m IH - SB/OM/MM 30-49 (36")
 400m IH - MM 50-59 (33")
 400m IH - SG/OW/MW 30-49 (30")
 200m IH - YG/YB (30")
 200m IH - MW 70+ (27")
- 12:00** 2000m Steeplechase - SG/MW all/MM60+ (30")
 3000m Steeplechase - OW (30")
 3000m Steeplechase - SB/OM/MM 30-59 (36")
- 12:30** 400m Dash - All divisions
- 1:00** ****1500m Rush-** All divisions
- 1:30** 200m Dash - All divisions
 4x100 Relay - All divisions
 4x400 Relay - All division

**Featured event offering prize \$ to top 3 places in OW/OM/MW/MM age graded divisions. Full field of 10 required for prize eligibility.

Time	Long Jump	High Jump	Pole Vault	Shot Put 1	Discus	Javelin	Hammer
10:00	Triple –All	Youth –all		Open/ Masters			
10:30	Open/ Masters			Youth-all			
11:00		Open/ Masters					
11:30	Youth-all				Open/ Masters		
12:00			Youth		Youth –all		
12:30			Master				
1:00			Scholastic/ Open			Youth—all	
1:30						Open/ Masters	
2:00							All

- **Remember, All Times are Approximates. Please check in 1 hour before your event.**