

Saturday, March 16, 2019

TRACK		Heats	#'s	FIELD		#'s	End			
11:45	60m Hurdles - PENTATHLON	U16, U18, U20	Men	2	8:30	Weight Throw <b>FINAL</b>	U16, U18, U20	Women	10	9:30
12:00	60m Hurdles Heats	U16, U18, U20	Women	3	9:30	High Jump <b>FINAL (A)</b>	U16	Women	4	10:15
12:20	60m Hurdles Heats	U16, U18, U20	Men	2	10:00	Weight Throw <b>FINAL</b>	U16, U18, U20	Men	9	11:00
12:35	60m Hurdles - PENTATHLON	U16, U18, U20	Women	2	12:30	Long Jump - PENTATHLON	U16, U18, U20	Men	14	13:15
12:50	200m Timed <b>FINALS</b>	U16	Women	7	13:30	High Jump - PENTATHLON (A)	U16, U18, U20	Women	8	14:45
13:20	200m Timed <b>FINALS</b>	U18	Women	7	13:45	Long Jump <b>FINAL</b>	U16, U20	Women	16	15:20
13:50	200m Timed <b>FINALS</b>	U20	Women	3	14:00	Shot Put - PENTATHLON	U16, U18, U20	Men	14	14:45
14:05	200m Timed <b>FINALS</b>	U16	Men	3	14:00	Pole Vault <b>FINAL</b>	U16, U18, U20	Men	9	15:30
14:20	200m Timed <b>FINALS</b>	U18	Men	8	15:30	Shot Put - PENTATHLON	U16, U18, U20	Women	8	15:55
14:55	200m Timed <b>FINALS</b>	U20	Men	4	15:45	High Jump - PENTATHLON (A)	U16, U18, U20	Men	14	17:15
15:10	1500m Racewalk <b>FINAL</b>	U16	W/M	1	16:00	Long Jump <b>FINAL</b>	U18	Women	9	16:50
15:25	3000m Racewalk <b>FINAL</b>	U18, U20	W/M	1	16:30	Shot Put <b>FINAL</b>	U16, U18, U20	Women	16	18:05
15:50	2000m Timed <b>FINALS</b>	U16	Women	1	16:30	High Jump <b>FINAL (B)</b>	U16	Men	3	17:00
16:00	2000m Timed <b>FINALS</b>	U16	Men	1	17:20	Long Jump - PENTATHLON	U16, U18, U20	Women	8	17:45
	<b>BREAK</b>				18:30	Triple Jump <b>FINAL</b>	U16, U18	Men	9	19:30
17:20	3000m Timed <b>FINALS</b>	U18, U20	Women	1	20:00	Triple Jump <b>FINAL</b>	U20	Men	7	20:45
17:35	3000m Timed <b>FINALS</b>	U18, U20	Men	1						
17:50	800m Timed <b>FINALS</b>	U16	Women	2						
18:00	800m Timed <b>FINALS</b>	U18, U20	Women	2						
18:10	800m Timed <b>FINALS</b>	U16	Men	1						
18:15	800m Timed <b>FINALS</b>	U18, U20	Men	3						
18:30	1000m - PENTATHLON	U16, U18, U20	Men	2						
18:45	800m - PENTATHLON	U16, U18, U20	Women	1						
19:00	60m Hurdles <b>FINAL</b>	U16	Women	1						
19:05	60m Hurdles <b>FINAL</b>	U18	Women	1						
19:10	60m Hurdles <b>FINAL</b>	U20	Women	1						
19:15	60m Hurdles <b>FINAL</b>	U16, U18	Men	1						
19:20	60m Hurdles <b>FINAL</b>	U20	Men	1						
19:40	4x200m Timed <b>FINALS</b>	U16	Women	1						
19:50	4x200m Timed <b>FINALS</b>	U18	Women	1						
20:00	4x200m Timed <b>FINALS</b>	U18	Men	1						
20:10	4x200m Timed <b>FINALS</b>	U20	Women	1						
20:20	4x200m Timed <b>FINALS</b>	U20	Men	1						

Sunday, March 17, 2019

<u>TRACK</u>			Heats				#'s	End
9:00	1200m TIMED FINALS	U16	Women	1	9:00	Long Jump FINAL	U16, U20	Men 12 10:10
9:10	1200m TIMED FINALS	U16	Men	1	10:45	Long Jump FINAL	U18	Men 13 11:45
9:20	1500m Timed FINALS	U18, U20	Women	1	11:00	Pole Vault FINAL	U16, U20	Women 4 12:00
9:30	1500m Timed FINALS	U18, U20	Men	3	12:00	High Jump FINAL (B)	U18, U20	Men 13 13:30
10:00	60m Heats	U16	Women	3	12:15	Shot Put FINAL	U16, U18, U20	Men 12 13:25
10:15	60m Heats	U18	Women	3	12:30	High Jump FINAL (A)	U18	Women 3 13:15
10:30	60m Heats	U20	Women	2	13:00	Triple Jump FINAL	U16, U18, U20	Women 15 14:30
10:40	60m Heats	U16	Men	2				
10:50	60m Heats	U18	Men	3				
11:05	60m Heats	U20	Men	2				
<b>BREAK</b>								
12:30	300m TIMED FINALS	U16	Women	3				
12:45	300m TIMED FINALS	U16	Men	1				
12:50	400m TIMED FINALS	U18	Women	5				
13:10	400m TIMED FINALS	U20	Women	2				
13:20	400m TIMED FINALS	U18	Men	6				
13:45	400m TIMED FINALS	U20	Men	4				
14:05	60m FINAL	U16	Women	1				
14:10	60m FINAL	U18	Women	1				
14:15	60m FINAL	U20	Women	1				
14:20	60m FINAL	U16	Men	1				
14:25	60m FINAL	U18	Men	1				
14:30	60m FINAL	U20	Men	1				

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