

WEDNESDAY SCHEDULE

Pentathlon and Triathlon and 3200 and 2400 runs

Wednesday 2:00 pm start

Events

U18, U16 Pentathlon boys- 110H, HJ, LJ, SP, 1500

U18, U16 Pentathlon girls- 100H, HJ, LJ, SP, 800

U14 Pentathlon boys- 100H, HJ, LJ, SP 800

U14 Pentathlon girls- 100H, HJ, LJ, SP, 400

U12 Boys Triathlon- LJ, SP, 400

U12 Girls Triathlon- LJ, SP, 200

U8, U10, Boys Triathlon- LJ, SP, 200

U8, U10, Girls Triathlon- LJ, SP, 200

NOTE CHANGE IN DISTANCE

2:00 pm	High Jump- Pentathlon (starting 14U Ht 3'6" 16U 4'2")	14UG, U16G, 18UG
2:00 pm	Long Jump - Boys	14U, 16U, 18U
4:00 pm	High Jump- Pentathlon (starting Ht 3'10")	14UB
4:00 pm	Pentathlon Boys Hurdles	18UB, 16UB
4:00 pm	Long Jump - Girls	14U, 16U, 18U
5:00 pm	High Jump- Pentathlon (starting Ht.5'0")	18UB, 16UB
5:00 pm	Pentathlon Girls Hurdles	18UG, 16UG, 14UG
5:00 pm	Pentathlon Boys Hurdles	14UB

3:00 pm Boys 8U, 10U, 12U Long Jump

3:00 pm Girls 8U, 10U, 12U Shot Put

4:00 pm Boys 8U, 10U, 12-U Shot Put

4:00 pm Girls 8U, 10U, 12-U Long Jump

5:00- Boys and Girls- 8U, 10U, 12U- final running event

6:30- All 2400 runs- boys and girls 10U, 12u, 14U

6:50- Girls 3200 runs 16U, 18U

7:15- Boys 3200 runs 16U, 18U

6:00- Girls 14U, 16U, 18U Shot Put

7:00- Boys 14U, 16U, 18U Shot Put-

8:00- Girls 14U, 16U, 18U final runs

8:30- Boys- 14U boys final run

9:00- Boys 16U, 18U final run

SP U8 G, U10 G, U 12 G note 6lb shot

SP U8 B, U10 B, note 6lb shot

SP U12 B note 4.0k shot

14-U girls- first note 6lb shot
16-U, 18-U girls to follow note 4.0K shot
14-U boys note 4.0k shot
16-U,18-U shot note 12lb shot
Boys 16U, 18U 110 Hurdles-39inch
Boys, 14U 100 hurdles- 33 inch
Girls 16U, 18U, 100 Hurdles-33inche
Girls 14U 30 inch