

Schedule of Events

PLEASE CHECK FOR LAST MINUTE SCHEDULING CHANGES WHICH MAY BE NECESSARY IN ORDER TO ACCOMMODATE FIELD SIZES. Only 1/8" spikes are permitted on track and runways.

This track & field meet has a "rolling schedule", which means that with exception to a start times listed for each day there is no scheduled time for the start of each running event. Pay close attention to the schedule of events and be aware of what events are occurring at any given time during each day. Listen for the "first" and "second" calls for each event and schedule your warm-ups accordingly! The schedule of events will not change the day of the events.

| | | |
|--------------------|---|---|
| 8 & Under Division | - | Born 2011+ |
| 9-10 Division | - | Born 2009-2010 |
| 11-12 Division | - | Born 2007-2008 |
| 13-14 Division | - | Born 2005-2006 |
| 15-16 Division | - | Born 2003-2004 |
| 17-18 Division | - | Born 2001-2002 or still 18 on July 28, 2019 |

Only 1/8" spikes are permitted on the track and runways.

The Decathlon, Heptathlon, Steeplechase and Hammer will not be contested at the Association track & field championships. Athletes wishing to compete in those events will automatically advance to regionals in Bozeman, MT, June 20-22. Please contact Liza Dennehy regarding registration stipulations at liza.dennehy@gmail.com.

Friday, June 14, 2019 – Multi-Events – 3000 Meter Run

| <u>Time</u> | <u>Event</u> | <u>Division</u> |
|----------------|---|---|
| 4:00 PM | <u>Triathlon, Pentathlon</u> 80-Meter Hurdles - Pentathlon 100-Meter Hurdles – Pentathlon Shot Put – Triathlon/Pentathlon High Jump – Triathlon/Pentathlon Long Jump – Pentathlon 200-Meter Dash – Triathlon 400-Meter Dash – Triathlon 800 Meter Run – Pentathlon 1500-Meter Run – Pentathlon | <u>9-10, 11-12, 13-14</u> 11-12 (G & B) 13-14 (G – 30" & B – 33") 9-10 (B/G), 11-12 & 13-14 (B/G) 9-10 (B/G), 11-12 & 13-14 (B/G) 11-12 & 13-14 (B/G), 9-10 (G) 9-10 (B) 11-12 & 13-14 (G) 11-12 & 13-14 (B) |
| 5:30 PM | 3000 Meter Run | Girls – 11-12, 13-14, 15-16, 17-18 Boys – 11-12, 13-14, 15-16, 17-18 |
| 5:00-6:00 P.M. | Athlete Packet Pickup | <u>No Late Entries</u> |

Schedule of Events

Saturday, June 15, 2019

| <u>Time</u> | <u>Event</u> | <u>Division</u> |
|---------------------------|-----------------------------------|------------------------------------|
| 8:30 A.M. – 12:00 P.M. | Athlete Check-In & Packet Pick-Up | <u>No Late Entries</u> |
| - Running Events - | | |
| 12:00 P.M. | 1500-Meter Run | Girls & Boys – All Divisions |
| | 110-Meter Hurdles | Boys – 15-16/17-18 |
| | 100-Meter Hurdles (33") | Girls – 15-16/17-18 & Boys – 13-14 |
| | 100-Meter Hurdles (30") | Girls – 13-14 |
| | 80-Meter Hurdles (30") | Girls & Boys – 11-12 |
| | 4 x 100 Meter Relay | Girls & Boys – All Divisions |
| | 400-Meter Run | Girls & Boys – All Divisions |
| | 100-Meter Dash | Girls & Boys – All Divisions |
| | 800-Meter Run | Girls & Boys – All Divisions |
| | 200-Meter Hurdles | Girls & Boys - 13-14 |
| | 400-Meter Hurdles | Girls & Boys – 15-16/17-18 |
| | 200-Meter Dash | Girls & Boys – All Divisions |
| | 4 x 400 Meter Relay | Girls & Boys – All Divisions |

- Field Events -

| <u>Time</u> | <u>Event</u> | <u>Division</u> |
|---|--------------|-------------------------------------|
| 9:30 A.M. | Long Jump | Girls & Boys – 8&U/9-10/11-12 |
| | High Jump | Girls & Boys – 13-14/15-16/17-18 |
| | Shot Put | Boys & Girls – 8&U/9-10/11-12/13-14 |
| | Discus | Boys & Girls – 15-16/17-18 |
| | Pole Vault | Girls – 13-14/15-16/17-18 |
| 11:00 A.M. | Long Jump | Girls & Boys – 13-14/15-16/17-18 |
| | High Jump | Girls & Boys – 9-10/11-12 |
| | Shot Put | Boys & Girls – 15-16/17-18 |
| | Discus | Boys & Girls – 11-12/13-14 |
| | Pole Vault | Boys – 13-14/15-16/17-18 |
| Immediately following Long Jump completion | Triple Jump | Girls & Boys – 13-14/15-16/17-18 |
| 12:00 P.M. | Mini-Javelin | Boys & Girls – 8&U/9-10/11-12 |
| | Javelin | Boys & Girls – 13-14/15-16/17-18 |