

WINTER OPEN

Final Schedule

Track Events will be run from Fastest to Slowest heats

Friday, January 17, 2020 - TRACK

| | | | |
|---------|---------------------|-----------------------|--------------------------|
| 6:00 PM | Heptathlon 60m | Open Men | 4- 1 section |
| 6:05 PM | 60m + Hept 60m | U12 & up Men/Master | 39 - 6 section |
| 6:30 PM | 60m | U12 & up Women/Master | 43 - 6 section |
| 7:00 PM | 1500m | U18 & up Men | 12 - 1 section |
| 7:10 PM | 1500m | U18 & up Women | 8 - 1 section |
| 7:20 PM | 1200m | U16 Men | 5 - 1 section |
| 7:30 PM | 1200m | U16 Women | 3 - 1 section |
| 7:40 PM | 1000m | U12, U14, Open Men | 1/2/0 - 1 section |
| 7:50 PM | 1000m | Open Women | 1 - 1 section |
| 7:55 PM | 300m | U14 Men & Up | 7 - 2 section |
| 8:10 PM | 300m | U14 & Up Women | 11 - 2 section |
| 8:20 PM | 400m | U18 Men & Up | 17 - 3 section |
| 8:40 PM | 400m | U18 & Up Women | 10 - 2 section |
| 8:50 PM | 5000m | Open & Masters – Men | 1 - 1 section |
| | Sprint Medlay Relay | Men & Women | cancelled - no entries |

Friday, January 17 - FIELD

| | | | |
|---------|-----------------|-------------------------------------|------------------------|
| 6:00 PM | Standing L Jump | U14 & U12 Men & Women -Outfield Pit | 3, 8 |
| 6:15 PM | Shot Put | U12, U14, U16, U18 Men | 1,0,2,2 |
| 6:30 PM | Long Jump | Heptathlon, U20, & Open Men | 4, 4, 7 |
| 7:30 PM | Shot Put | U20., Open Masters & Hept Men | 2, 3, 1, 4 |
| 7:45 PM | Long Jump | U16 & up Women | 1,1,5,3, |
| 8:00 PM | High Jump | U18, U20., Open, Men,Hept | 0,4,,1,4 Hep |
| | High Jump | U12/U14 Women | cancelled - no entries |

| <u>WINTER OPEN</u> | | | |
|---|--------------------|-----------------------------|---|
| Saturday, January 18, 2020 - TRACK | | | |
| 10:00 AM | 60m Hurdles | Hep, Senior,U20,U18,U16 Men | Sr.Lanes 1,2,3,4,5,6,U20lane7,U18lane8 |
| 10:15 AM | 60m Hurdles | Women | SR 2,3,4,Pent 5, U20 6 ,U18 7, U16 8, Per |
| 10:20 AM | 2000m | U16 Men | 3 - 1 section |
| 10:35 AM | 2000m | U16 Women | 5 - 1 section |
| 10:50 AM | 3000m | U18 & Up Men | 4 - 1 section |
| 11:05 AM | 3000m | U18, U20, Open Women | 2,2,0 - 1 section |
| 11:20 AM | 150m | U12/U14 Men | 3,6 - 2 section |
| 11:30 AM | 150m | U12/U14 Women | 6,5 - 2 section |
| 11:40 AM | 200m | U16 & Up Men | 27 - 4 section |
| 11:55 AM | 200m | U16 & Up Women | 28 - 4 section |
| 12:20 AM | Lunch | | |
| 1:10 PM | 4 x100m | All Men | 1 |
| 1:15 PM | 4 x100m | All Women | 1 |
| 1:25 PM | 600m | U12 & U14 Men | 3,2 - 1 section |
| 1:30 PM | 600m | U16,U18,U20, Open Men | 7 - 1 section |
| 1:40 PM | 600m | U12 & U14 Women | 3,3- 1 section |
| 1:50 PM | 600m | U16, U18, Open Women | 3,1,4 - 2 section |
| 2:00 PM | 800m | U16 & Up Men | 27 - 3 section |
| 2:10 PM | 800m | 2 Pent, U16 & Up Women | 7 - 1 section |
| 2:15 PM | 1000m | Heptathlon | 4 -1 section |
| Saturday, January 19, 2019 - FIELD | | | |
| 10:30 AM | Long Jump | U12,U14 Women | 4,5 |
| 10:30 AM | High Jump | Pentathlon | 2 |
| 11:00 AM | Pole Vault | All | 2M,2w,4 Hep |
| 11:00 AM | Shot Put | U12 & up Women | 1,1,1,0,1,3 |
| 11:20 AM | Shot Put | Pentathlon W | Pentathlon 2 |
| 11:20 AM | Long Jump | U12/U14/U16/U18 Men | 3,4,2,4 |
| 12:30 AM | Long Jump | Pentathlon | Pentathlon 2 |
| 1:15 PM | High Jump | U12, U14 U16 Men | 1,0,0 |
| 1:15 PM | Triple Jump | U16 & up Men | 9 |
| 1:15 PM | High Jump | U16 & up Women | 3 |
| 1:15 PM | Weight Throw Men | | 2 U16,1 U18, 2 Sr, 1 Master |
| 1:15 PM | Weight Throw Women | | 5 |
| 2:15 PM | Triple Jump | U16 & up Women | 6 |
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