



**RUNNING EVENTS
(ROLLING SCHEDULE)**

**FIELD EVENTS
(CAFETERIA STYLE-MUST COMPLETE ALL ATTEMPTS WITHIN
DESIGNATED TIME PERIODS LISTED)**

5000M RACE WALK: 9AM	HAMMER THROW: 8AM-9:30AM
1500M RUN	SHOT PUT: 8AM-11:00AM
100M DASH	LONG JUMP: 8AM-10:30AM
400M DASH	STANDING LONG JUMP: 8AM-10:30AM
1500M RACE WALK	
200M DASH	DISCUS: 10AM-1:30PM
800M RUN	JAVELIN: 11:30AM-1:30PM
50M DASH	TRIPLE JUMP: 11AM-1:30PM
	HJ/PV: PROGRESSIVE BAR NOT CAFETERIA STYLE (REPORT TO EVENT AT THE START OR COME IN AT THE CURRENT HEIGHT-BAR WILL NOT GO BACK DOWN)
	HIGH JUMP: Cancelled Due to Covid-19
	POLE VAULT: Cancelled Due to Covid-19

*Field Events: 4 Throws/3 Jumps (LJ/TJ) – NO Finals

Athletes can enter a maximum of 5 events