

2019 WINTER OPEN

Final Schedule

Track Events will be run from Fastest to Slowest heats

Friday, January 18th - TRACK

5:30 PM	Meeting for New Officials		
6:00 PM	60m	Men + Heptathlon Men	42- 7 sec
6:30 PM	60m	Master + Special O	6 - 1 Sec
6:35 PM	60m	U12 & up Women	46 - 6 sec
7:00 PM	60m	Master Women	4 - 1 sec
7:05 PM	1500m	U18 & up Men	15 - 1 sec
7:20 PM	1500m	U18 & up Women	11 - 1 sec
7:30 PM	1200m	U16 Men	3 - 1 sec
7:40 PM	1200m	U16 Women	9 - 1 sec
7:50 PM	1000m	U12, U14, Open Men	2/4/1 - 1 sec
8:00 PM	1000m	U12, U14 Women	1,1 - 1 sec
8:10 PM	300m	U14 Men & Up	7 - 2 sec
8:20 PM	300m	U14 & Up Women	14 - 3 sec
8:35 PM	400m	U18 Men & Up	29 - 5 sec
8:55 PM	400m	U18 & Up Women	11 - 2 sec
9:05 PM	5000m	Open & Masters – Men	5 - 1 sec
9:30 PM	Sprint Medlay Relay	Men & Women	1 & 3 - 1 sec

Friday, January 18th - FIELD

Field Events

6:00 PM	Standing L,Jump	U14 & U12 Men& Women-Outfield Pit	3 7 8
6:30 PM	Long Jump	U16,U18, U20., Open Men&Hept	10
7:00 PM	Shot Put	U18, U20., Open Masters & HeptMen	0,0,2,1
6:30 PM	Shot Put	U12/U14 Women	3,4
7:30 PM	Shot Put	U18, U20., Open Masters & HeptMen	0,0,2,1,1
7:45 PM	Long Jump	U12/U14 Men	2,7
8:00 PM	High Jump	U18, U20., Open, Men, Hept	2,2,1
	High Jump	U12/U14 Women	Cancelled

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Saturday, January 19th - TRACK

10:00 AM	60m Hurdles	Men, Senior, U20, U18, U16	2,1,1,1
10:15 AM	60m Hurdles	Women Senior, U20, U18, U16	5,1,1,1
	2000m	U16 Men	Cancelled
10:20 AM	2000m	U16 Women	5 - 1 sec
10:35 AM	3000m	U18 & Up Men	6 - 1 sec
10:50 AM	3000m	Master Men & Open Women	3,1- 1 sec

11:10 AM	150m	U12/U14 Men	1,5 - 1 sec
11:15 AM	150m	U12/U14 Women	14 - 3 sec
11:30 AM	200m	U16 & Up Men	22 - 4 sec
11:45 AM	200m	Master's Men	4 - 1 sec
11:50 AM	200m	U16 & Up Women	34 - 6 sec
12:15 AM	200m	Master's Women	2 - 1 sec
12:20 AM	Lunch		
	Then	<u>Meeting for New Officials</u>	
1:15 PM	600m	U12 & U14 Men	6 - 1 sec
1:25 PM	600m	Open Men	6 - 1 sec
1:35 PM	600m	U12 & U14 Women	1,5- 1 sec
1:40 PM	600m	Open Women	4 - 1 sec
1:50 PM	800m	U16 & Up Men	29 - 4 sec
2:10 PM	800m	U16 & Up Women	16 - 2 sec
2:20 PM	1000m	Heptathlon	1 - 1 sec
2:30 PM	4 x100m	All Men	2
2:35 PM	4 x100m	All Women	3
	<u>Saturday, January 19th - FIELD</u>		
10:00 AM	Long Jump	U12/U14 Women	6,7
10:00 AM	Shot Put	U12/U14/U16 Men	0,2,1
11:00 AM	Pole Vault	All	3
11:00 AM	Shot Put	U16 & up Women	0,1,3,6
11:20 AM	Long Jump	U16 & up Women	2,4,3
1:15 PM	High Jump	U12, U14 U16 Men	0,1,0
1:15 PM	Triple Jump	U16 & up Men	6
1:15 PM	High Jump	U16 & up Women	8
1:15 PM	Weight Throw	Men	1 U16, 2 Sr, 1 M
1:15 PM	Weight Throw	Women	4
2:15 PM	Triple Jump	U16 & up Women	3

