

## Track & Field Schedule

July 22, 2018

9:00-1:00

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### Running Events

9:00 50m  
9:30 1500m  
10:00 1500 Power Walk  
10:30 100m  
11:00 800m  
11:30 200m  
12:00 Lunch  
12:15 1500 Race Walk  
12:45 400m  
1:00 3000m

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### Jumping Events

9:00 Long Jump (women all ages)  
High Jump (women all ages)  
9:30 Long Jump (men 50-69)  
10:00 Triple Jump (women all ages)  
High Jump (men all ages)  
10:15 Long Jump (men 70-100)  
10:30 Triple Jump (men all ages)

### Throwing Events

9:00 Javelin (women all ages)  
Shot Put (men 50-59)  
Discus (men 60-74)  
  
9:30 Javelin (men 50-59)  
Shot Put (men 75-100)  
Discus (women all ages)  
  
10:00 Javelin (men 75-100)  
Shot Put (men 60-74)  
Discus (men 50-59)  
  
10:30 Javelin (men 60-74)  
Shot Put (women all ages)  
Discus (men 75-100)