

# Track & Field Detailed Schedule

These are approximate starting times, please arrive 10-15 minutes prior to the start of your event.  
Field event results will be tabulated at the end of the day. Results will be posted at the J in the afternoon.

Date	Track Schedule	Field Schedule																																																																																																
<b>Sunday, May 28</b>	<p><b>Track (Sun., 8 – 11:25am)</b></p> <table border="1"> <thead> <tr> <th>Time</th> <th>Event/ (Gender &amp; Age Group)</th> </tr> </thead> <tbody> <tr><td>8:00</td><td>1500 Meter Race Walk (W All)</td></tr> <tr><td>8:20</td><td>1500 Meter Race Walk (M All)</td></tr> <tr><td>9:05</td><td>200 Meter Dash (M 75+)</td></tr> <tr><td>9:10</td><td>200 Meter Dash (M 70-74)</td></tr> <tr><td>9:15</td><td>200 Meter Dash (M 65-69)</td></tr> <tr><td>9:20</td><td>200 Meter Dash (M 60-64)</td></tr> <tr><td>9:25</td><td>200 Meter Dash (M 55-59)</td></tr> <tr><td>9:30</td><td>200 Meter Dash (M 50-54)</td></tr> <tr><td>9:35</td><td>200 Meter Dash (W All)</td></tr> <tr><td>9:45</td><td>1500 Meter Power Walk (W All)</td></tr> <tr><td>10:25</td><td>1500 Meter Power Walk (M All)</td></tr> <tr><td>11:05</td><td>800 Meter Run (W All)</td></tr> <tr><td>11:10</td><td>800 Meter Run (M 75+)</td></tr> <tr><td>11:15</td><td>800 Meter Run (M 65-74)</td></tr> <tr><td>11:20</td><td>800 Meter Run (M 60-64)</td></tr> <tr><td>11:25</td><td>800 Meter Run (M 50-59)</td></tr> </tbody> </table>	Time	Event/ (Gender & Age Group)	8:00	1500 Meter Race Walk (W All)	8:20	1500 Meter Race Walk (M All)	9:05	200 Meter Dash (M 75+)	9:10	200 Meter Dash (M 70-74)	9:15	200 Meter Dash (M 65-69)	9:20	200 Meter Dash (M 60-64)	9:25	200 Meter Dash (M 55-59)	9:30	200 Meter Dash (M 50-54)	9:35	200 Meter Dash (W All)	9:45	1500 Meter Power Walk (W All)	10:25	1500 Meter Power Walk (M All)	11:05	800 Meter Run (W All)	11:10	800 Meter Run (M 75+)	11:15	800 Meter Run (M 65-74)	11:20	800 Meter Run (M 60-64)	11:25	800 Meter Run (M 50-59)	<p><b>Field (Sun., 8 – 11:20am)</b></p> <table border="1"> <thead> <tr> <th>Time</th> <th>Event/ (Gender &amp; Age Group)</th> </tr> </thead> <tbody> <tr><td>8:00-8:20</td><td>400g Javelin (W 75+)</td></tr> <tr><td>8:20-8:40</td><td>500g Javelin (W 50-74)</td></tr> <tr><td>8:40-9:00</td><td>400g Javelin (M 80+)</td></tr> <tr><td>9:00-9:20</td><td>500g Javelin (M 70-79)</td></tr> <tr><td>9:20-9:40</td><td>600g Javelin (M 65-69)</td></tr> <tr><td>9:40-10:00</td><td>600g Javelin (M 60-64)</td></tr> <tr><td>10:00-10:20</td><td>700g Javelin (M 55-59)</td></tr> <tr><td>10:20-10:40</td><td>700g Javelin (M 50-54)</td></tr> <tr><td>8:00-8:15</td><td>Running Long Jump (M 50-54)</td></tr> <tr><td>8:15-8:30</td><td>Running Long Jump (M 55-59)</td></tr> <tr><td>8:30-8:45</td><td>Running Long Jump (M 60-64)</td></tr> <tr><td>8:45-9:00</td><td>Running Long Jump (M 65-69)</td></tr> <tr><td>9:00-9:15</td><td>Running Long Jump (M 70-74)</td></tr> <tr><td>9:15-9:30</td><td>Running Long Jump (M 75+)</td></tr> <tr><td>9:30-10:00</td><td>Running Long Jump (W All)</td></tr> <tr><td>9:00-9:40</td><td>.75k/1K Discus (W All)</td></tr> <tr><td>9:40-10:00</td><td>1K Discus (M 75+)</td></tr> <tr><td>10:00-10:20</td><td>1K Discus (M 70-74)</td></tr> <tr><td>10:20-10:40</td><td>1K Discus (M 60-69)</td></tr> <tr><td>10:40-11:00</td><td>1.5K Discus (M 55-59)</td></tr> <tr><td>11:00-11:20</td><td>1.5K Discus (M 50-54)</td></tr> <tr><td>9:00-11:00</td><td>Pole Vault (M All, W All)</td></tr> </tbody> </table>	Time	Event/ (Gender & Age Group)	8:00-8:20	400g Javelin (W 75+)	8:20-8:40	500g Javelin (W 50-74)	8:40-9:00	400g Javelin (M 80+)	9:00-9:20	500g Javelin (M 70-79)	9:20-9:40	600g Javelin (M 65-69)	9:40-10:00	600g Javelin (M 60-64)	10:00-10:20	700g Javelin (M 55-59)	10:20-10:40	700g Javelin (M 50-54)	8:00-8:15	Running Long Jump (M 50-54)	8:15-8:30	Running Long Jump (M 55-59)	8:30-8:45	Running Long Jump (M 60-64)	8:45-9:00	Running Long Jump (M 65-69)	9:00-9:15	Running Long Jump (M 70-74)	9:15-9:30	Running Long Jump (M 75+)	9:30-10:00	Running Long Jump (W All)	9:00-9:40	.75k/1K Discus (W All)	9:40-10:00	1K Discus (M 75+)	10:00-10:20	1K Discus (M 70-74)	10:20-10:40	1K Discus (M 60-69)	10:40-11:00	1.5K Discus (M 55-59)	11:00-11:20	1.5K Discus (M 50-54)	9:00-11:00	Pole Vault (M All, W All)																
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