

These are approximate starting times. Please arrive 15 minutes prior to the start of your event.

Sunday, May 25

Track Schedule

8am	1500 Meter Run (W All)
8:10am	1500 Run (M 70+)
8:20am	1500 Run (M 60-69)
8:30am	1500 Run (M 50-59)
8:40am	400 Meter Run (W All)
8:50am	400 Meter Run (M 75+)
9am	400 Meter Run (M 65-74)
9:10am	400 Meter Run (M 60-64)
9:20am	400 Meter Run (M 55-59)
9:30am	400 Meter Run (M 50-54)
9:40am	1500 Meter Power Walk (W All)
10am	1500 Meter Power Walk (M All)
10:20am	100 Meter Dash (W 65+)
10:25am	100 Meter Dash (W 55-64)
10:30am	100 Meter Dash (W 50-54)
10:40am	100 Meter Dash (M 80+)
10:45am	100 Meter Dash (M 70-79)
10:55am	100 Meter Dash (M 65-69)
11:05am	100 Meter Dash (M 60-64)
11:15am	100 Meter Dash (M 50-59)
11:30am	1500 Race Walk (W All)
11:50am	1500 Race Walk (M All)
12:15pm	200 Meter Dash (W All)
12:20pm	200 Meter Dash (M 75+)
12:25pm	200 Meter Dash (M 70-74)
12:30pm	200 Meter Dash (M 65-69)
12:35pm	200 Meter Dash (M 60-64)
12:40pm	200 Meter Dash (M 55-59)
12:45pm	200 Meter Dash (M 50-54)
12:55pm	800 Meter Run (W All)
1pm	800 Meter Run (M 75+)
1:05pm	800 Meter Run (M 65-74)
1:10pm	800 Meter Run (M 60-64)
1:15pm	800 Meter Run (M 50-59)
1:30pm	50 Meter Dash (W 65+)
1:35pm	50 Meter Dash (W 50-64)
1:45pm	50 Meter Dash (M 75+)
1:55pm	50 Meter Dash (M 70-74)
2pm	50 Meter Dash (M 65-69)
2:10pm	50 Meter Dash (M 60-64)
2:20pm	50 Meter Dash (M 55-59)
2:25pm	50 Meter Dash (M 50-54)

Field Schedule

For events with designated start and end times, please report to and complete event during allotted time frame. Practice for jumps will only be allowed during practice times listed below.

8-8:20am	High Jump (M 50-54)
8:20-8:40am	High Jump (M 55-59)
8:30-11:30am	Javelin (All)
8:30-11:30am	Discus (All)
8:30-11:30am	Shot Put (All)
8:30-11:30am	Pole Vault (All)
8:40-9:00am	High Jump (M 60-64)
9-9:20am	High Jump (M 65-74)
9:20-9:40am	High Jump (M 75+)
9:40-10:00am	High Jump (W All)

Running Long Jump (All), Standing Long Jump (All), Triple Jump (All)

8-8:30am	Practice
8:30-9:45am	Compete
9:45-10:15am	Practice
10:15-11:30am	Compete

Updated Schedule & Results
Scan the QR code or visit
jccstl.com/slsoschedule

