

Track Event Schedule – April 20, 2019

	8-15 yrs Junior	16-21 yrs Senior	22-29 yrs Master	30+ Males Sr. Master	30+ Females Sr. Master	Staging Notes
9:00 a.m.	Opening Ceremonies					
9:15 a.m.	1500M					Start line
9:15 a.m.	Wheelchair	Wheelchair	Wheelchair	Wheelchair	Wheelchair	Parking lot
9:30 a.m.	TBT	TBT	TBT	TBT	TBT	
9:30 a.m.	200M 200M RW					East side track
10:30 a.m.	100M 100M RW	SP TJ	SLJ RLJ	SBT	50M 50MRW, 25M 25MRW, 25MAW 10MRW, 10MAW	
11:00 a.m.	SP TJ	SBT	100M 100M RW	50M 50MRW, 25M 25MRW, 25MAW 10MRW, 10MAW	SLJ RLJ	
11:30 a.m.	SLJ RLJ	50M 50MRW, 25M 25MRW, 25MAW 10MRW, 10MAW	SBT	100M 100M RW	SP TJ	
12:00 p.m.	400M					West side staging
12:45 p.m.	800M					Start line
1:00 p.m.	SBT	SLJ RLJ	50M 50MRW, 25M 25MRW, 25MAW 10MRW, 10MAW	SP TJ	100M 100M RW	
1:30 pm	50M 50MRW, 25M 25MRW, 25MAW 10MRW, 10MAW	100M 100M RW	SP TJ	SLJ RLJ	SBT	
2:00 p.m.	400M RW					West side staging
3:00 p.m.	4 X 100 Relays					On field

ABBREVIATIONS:

M – Meters

SP – Shot Put

RLJ – Running Long Jump

RW – Race Walk

SLJ – Standing Long Jump

SBT – Softball Throw

TBT – Tennis Ball Throw

TJ – Turbo Javelin

Low Motor schedule for North Central Regional Track Meet

9:30 – 10:15 All Tennis Ball Throw (south side of track at field event pits)

9:15 – 10:00 All Wheelchair Events (west parking lot)

- 10m manual wheelchair race
- 10m motorized wheelchair race
- 25m manual wheelchair race
- 25m motorized wheelchair race
- 100m manual wheelchair race
- 100m motorized wheelchair race
- 30m motorized slalom wheelchair race
- 30m manual slalom wheelchair race
- 50m motorized slalom wheelchair race
- 50m manual slalom wheelchair race
- 25m manual obstacle wheelchair race
- 25m motorized obstacle wheelchair race
- Tennis ball throw – wheelchair division

All 50 M Runs and Low Motor Track Events (east side of track)

These will run by age group like most all other events. Check the schedule for each athlete's specific race time. Order of events is as follows:

- 50m run
- 50m walk
- 25m run
- 25m walk
- 25m assisted walk
- 10m walk
- 10m assisted walk