

## 2019 SE Tentative Track Schedule

	8-11 yrs Youth	12-15 yrs Junior	16-21 yrs Senior	22-29 yrs Master	30 and up Sr. Masters	WHEELCHAIR EVENTS
9:30 a.m.	200M 800M 800M RW 1500M	200M 800M 800M RW 1500M	200M 800M 800M RW 1500M	200M 800M 800M RW 1500M	200M 800M 800M RW 1500M	
10:00 a.m.	100M 100M RW	SP	SLJ RLJ	SBT BT JAV	50M 50M RW 25M 25M RW 25M AW 10M RW 10M AW	<b>100 Manual &amp; Motorized Wheelchair Events (All ages) (run with 100's)</b>
10:45 a.m.	SBT BT JAV	50M 50M RW 25M 25M RW 25M AW 10M RW 10M AW	100M 100M RW	SP	SLJ RLJ	<b>10M Manual &amp; Motorized Wheelchair Events (All Ages) (Run with 50's)</b>
11:30 a.m.	SLJ RLJ	SBT BT JAV	50M 50M RW 25M 25M RW 25M AW 10M RW 10M AW	100M 100M RW	SP	<b>25M Manual &amp; Motorized Wheelchair Events (All Ages) (Run with 50's)</b>
12:00 p.m.	400M	400M	400M	400M	400M	
12:15 p.m.	200M RW	200M RW	200M RW	200M RW	200M RW	
12:30 p.m.	SP	SLJ RLJ	SBT BT JAV	50M 50M RW 25M 25M RW 25M AW 10M RW 10M AW	100M 100M RW	<b>30M Manual &amp; Motorized Wheelchair Events (All Ages) (Run with 50's)</b>
1:15 p.m.	50M 50M RW 25M 25M RW 25M AW 10M RW 10M AW	100M 100M RW	SP	SLJ RLJ	SBT BT JAV	<b>50M Manual &amp; Motorized Wheelchair Events (All ages) (Run with 50's)</b>
1:45 p.m.	400M RW 4 X 100 Relays	400M RW 4 X 100 Relays	400M RW 4 X 100 Relays	400M RW 4 X 100 Relays	400M RW 4 X 100 Relays	

**ABBREVIATIONS:**

M – Meters  
SP – Shot Put  
BT – Tennis Ball Throw

RW – Race Walk  
SLJ – Standing Long Jump  
SBT – Softball Throw

AW – Assisted Walk  
RLJ – Running Long Jump  
JAV – Javelin