

# SCHEDULE OF EVENTS

## **OPEN/MASTERS ONLY – Friday June 17, 2011**

### **RUNNING EVENTS:**

**Friday, June 17 3:00pm – 9:00pm (All Finals)**  
3:00pm 3000M  
3:40pm 3000M Steeplechase  
4:10pm 80H  
4:20pm 100H  
4:40pm 110H  
4:50pm 100M  
5:50pm 800M  
5:45pm 4x100  
5:55pm 400M  
6:20pm 1500M  
7:05pm 300H  
7:15pm 400H  
7:30pm 200M  
7:45pm 5000M  
8:45pm 4x400

### **FIELD EVENTS:**

**Friday, June 17 3:00pm – 9:00pm**  
3:00pm Hammer Throw (men followed by women)  
Long Jump (men followed by women)  
High Jump (women followed by men)  
Javelin (women followed by men)  
5:00pm Shot (men followed by women)  
Discus (women followed by men)  
Triple Jump (men followed by women)  
Pole Vault (men)  
7:00pm Weight Throws (men followed by women)  
Pole Vault (women)

## **ALL AAU, USATF and UNATTACHED – Saturday June 18 – Sunday June 19, 2011**

### **RUNNING EVENTS:**

**Saturday, June 18 9:00am – 8:00pm**  
1500M Run (Finals)  
200M Hurdles (Finals)  
400M Hurdles (Finals)  
4x800M Relay (Finals)  
80M Hurdles (Semis)  
100M Hurdles (Semis)  
110M Hurdles (Semis)  
100M Dash (Semis)  
400M Dash (Semis)  
200M Dash (Semis)  
4x100M Relay (Semis)

### **Sunday, June 19 9:00am – 7:00pm (All Finals)**

3000M Run  
5000M Run  
800M Run  
Opening Ceremonies  
80M Hurdles  
100M Hurdles  
110M Hurdles  
100M Dash (Coaches/Parents)  
100M Dash  
400M Dash  
200M Dash  
4x100M Relay  
Outstanding Athlete Awards  
4x400M Relay  
Team Awards

### **FIELD EVENTS:**

**Saturday**  
High Jump (13-14, 15-16, 17-18)  
Long Jump (all age groups; starting with 7-8 year olds)  
Turbo Javelin (11-12, 9-10, 7-8)  
Javelin (13-14, 15-16, 17-18)  
Shot Put (all age groups; starting with 7-8 year olds)

### **Sunday**

High Jump (11-12, 9-10)  
Triple Jump (13-14, 15-16, 17-18)  
Discus (11-12, 13-14, 15-16, 17-18)  
Pole Vault (15-16, 17-18)