

State Championships

Open, Over 35 & 50, Under 18 & Under 16

** If heats are not required finals will be run at the schedules finals times**

Track

WOMEN	Open	Over 35	Over 50	Under 18	Under 16
100m	3:00pm Sat	3:30pm Sun	3:30pm Sun	3:00pm Sat	3:30pm Sun
200m	3:00pm Sun	2:00pm Sat	2:00pm Sat	3:00pm Sun	2:00pm Sat
400m	4:00pm Sat	4:15pm Sun	4:15pm Sun	4:00pm Sat	4:15pm Sun
800m	1:00pm Sun	1:15pm Sat	1:15pm Sat	1:00pm Sun	1:15pm Sat
1500m	4:15pm Sat	2:30pm Sun	2:30pm Sun	4:15pm Sat	2:30pm Sun
3000m		10.30am Sun	10.30am Sun	10.30am Sun	10.30am Sun
5000m	10:15am Sat				
400m Hurdles	11:00am Sun			11:00am Sun	
200m Hurdles		2:00pm Sun	2:00pm Sun		2:00pm Sun
100m Hurdles	11:45am Sat			11:45am Sat	
90m Hurdles		11.45am Sat			11:45am Sat
80m Hurdles			11.45am Sat		
2000m Steeple		3.30pm Sat	3.30pm Sat	3.30pm Sat	
3000m Steeple	4:45pm Sun				
3000m Walk		12:30pm Sat	12.30pm Sat	12:30pm Sat	12:30pm Sat
5000m Walk	9:30am Sun				
MEN	Open	Over 35	Over 50	Under 18	Under 16
100m	3:00pm Sat	3:30pm Sun	3:30pm Sun	3:00pm Sat	3:30pm Sun
200m	3:00pm Sun	2:00pm Sat	2:00pm Sat	3:00pm Sun	2:00pm Sat
400m	4:00pm Sat	4:15pm Sun	4:15pm Sun	4:00pm Sat	4:15pm Sun
800m	1:00pm Sun	1:15pm Sat	1:15pm Sat	1:00pm Sun	1:15pm Sat
1500m	4:15pm Sat	2:30pm Sun	2:30pm Sun	4:15pm Sat	2:30pm Sun
3000m				9.00am Sun	9:00am Sun
5000m	9.45am Sat	9.45am Sat	9.45am Sat		
400m Hurdles	11:00am Sun			11:00am Sun	
200m Hurdles		2:00pm Sun	2:00pm Sun		2:00pm Sun
110m Hurdles	11:30am Sat			11:30am Sat	
100m Hurdles		11.45am Sat	11.45am Sat		11.45am Sat
2000m Steeple		3:45pm Sat	3.45pm Sat	5.00pm Sat	3:30pm Sat
3000m Steeple	3.45pmm Sun				
3000m Walk			12.30pm Sat	12.30pm Sat	12.30pm Sat
5000m Walk	9:00am Sun	9:00am Sun			

State Championships

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Field

WOMEN	Open	Over 35	Over 50	Under 18	Under 16
High Jump	9:00am Sat	2:30pm Sun	2:30pm Sun	9:00am Sat	2:30pm Sun
Hammer	12:00pm Sun	10:00am Sat	10:00am Sat	12:00pm Sun	10:00am Sat
Shot Put	4:00pm Sat	4:00pm Sun	4:00pm Sun	4:00pm Sat	4:00pm Sun
Pole Vault	2:30pm Sun	10:30am Sun		2:30pm Sun	10:30am Sun
Long Jump	11:30am Sat	11:00am Sun	11:00am Sun	11:30am Sat	11:00am Sun
Discus	3:00pm Sun	12:45pm Sat	12:45pm Sat	3:00pm Sun	12:45pm Sat
Triple Jump	2:00pm Sun	4:00pm Sat	4:00pm Sat	2:00pm Sun	4:00pm Sat
Javelin	2.30pm Sat	3:45pm Sun	3:45pm Sun	2.30pm Sat	3:45pm Sun
MEN	Open	Over 35	Over 50	Under 18	Under 16
Pole Vault	2:30pm Sat	10:00am Sat	10:00am Sat	2:30pm Sat	10:00am Sat
Hammer	10:00am Sun	12:00pm Sat	12:00pm Sat	10:00am Sun	12:00pm Sat
Shot Put	11:00am Sat	11:00am Sun	11:00am Sun	11:00am Sat	11:00am Sun
High Jump	2:30pm Sat	9:30am Sun	9:30am Sun	2:30pm Sat	9:30am Sun
Long Jump	1:00pm Sat	12:30pm Sun	12:30pm Sun	1:00pm Sat	12:30pm Sun
Discus	12:45pm Sun	3:00pm Sat	3:00pm Sat	12:45pm Sun	3:00pm Sat
Triple Jump	4:00pm Sun	2:00pm Sat	2:00pm Sat	4:00pm Sun	2:00pm Sat
Javelin	3.45pm Sat	10:30am Sun	10:30am Sun	3.45pm Sat	10:30am Sun