

Note: Schedule subject to slight changes depending on participation levels.

Sunday, April 7		Schedule	
Time	Event	Age	Gender
7:00 AM	Implement Weigh-In		
7:15 AM	5K Powerwalk	All	M/F
8:00 AM	Hammer	Men 70+; All Women	M/W
	Javelin	50-59	Men
	HighJump	60-69	Men
8:30 AM	5K Racewalk	All	M/W
9:30 AM	50 Meter	ALL	M/W
	Javelin	All	Women
	Shotput	70+	Men
	Hammer	50-69	Men
	High Jump	ALL	Women
	Pole Vault	ALL	Women
	Pole Vault	ALL opening height <9'	Men
10:00 AM	800 Meter	ALL	M/W
	Long Jump	ALL	Women
	Long Jump	70+	Men
10:30 AM	100 Meter	ALL	M/W
10:30 AM	Shot Put	Men 50-59, All Women	M/W
	Discus	60-69	Men
	Javelin	70+	Men
	High Jump	70+	Men
10:45 PM	1500 Powerwalk	All	M/W
11:00 AM	1500 RW	ALL	M/W
	Pole Vault	ALL opening height 9'+	Men
	Javelin	60-69	Men
	Discus	50-59	Men
	Triple Jump	Men 70+; All Women	W/M
	Long Jump	50-69	Men
11:30 AM	High Jump	50-59	Men
12:00 PM	400 Meter	ALL	M/W
	Discus	ALL	Women
	Shot Put	60-69	Men
	Triple Jump	50-69	Men

12:45 PM	1500 Meter	ALL	M/W
1:00 PM	Discus	70+	Men
1:30 PM	200 Meter	ALL	M/W

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