

List of Events (Track)

Age 5/6

1. Mixed Shuttle Relay (4 runners.
At least 1 runners from each sex)
2. 25M Dash(Boys/Girls)

Age 7/8

1. Mixed Shuttle Relay(4 runners. At
least 1 runners from each sex)
2. 50M Dash(Boys/Girls)

Age 9/10

1. Mile (Boys/Girls)
2. 4X100 Relay(Boys)
3. 4X100 Relay(Girls)
4. 50M Dash(Boys/Girls)
5. 200M Dash(Boys/Girls)

Age 11/12

1. Mile(Boys/Girls)
2. 4X100M Relay(Boys)
3. 4X100M Relay(Girls)
4. 75M Dash(Boys/Girls)
5. 200M(Boys/Girls)

Age 13/14

1. Mile(Boys/Girls)
2. 4X100M Relay(Boys)
3. 4X100M Relay(Girls)
4. 100M(Boys/Girls)
5. 200M(Boys/Girls)

Age 15/16

1. Mile(Boys/Girls)
2. 4X100M Relay(Boys)
3. 4X100M Relay(Girls)
4. 100M(Boys/Girls)
5. 200M(Girls/Boys)
6. 400M(Boys/Girls)

Age 17+

1. Mile(Boys/Girls)
2. 4X100M Relay(Boys)
3. 4X100M Relay(Girls)
4. 200M(Girls/Boys)
5. 400M(Boys/Girls)

Age 17/25

1. Mile(Boys/Girls)
2. 100M(Boys/Girls)

Age 26/35

1. Mile(Boys/Girls)
2. 75M(Girls)
3. 100M(Boys)

Age 36/45

1. Mile(Boys/Girls)
2. 75M(Girls)
3. 100M(Boys)

Age 46/55

1. Mile(Boys/Girls)
2. 50M(Girls)
3. 100M(Boys)

Age 56/65

1. Mile(Boys/Girls)
2. 50M(Girls)
3. 100M(Boys)

Age 66+

1. Mile(Boys/Girls)

List of Events (Field)

Age 5/6

1. Standing Long Jump(Boys/Girls)
2. Softball Throw(Boys/Girls)

Age 7/8

1. Standing Long Jump(Boys/Girls)
2. Softball Throw(Boys/Girls)

Age 9/10

1. Long Jump(Boys/Girls)
2. Softball Throw(Boys/Girls)

Age 11/12

1. Long Jump(Boys/Girls)
2. Shotput-6 lbs(Boys/Girls)

Age 13/14

1. Long Jump(Boys/Girls)
2. Shotput-8 lbs(Boys/Girls)

Age 15/16

1. Long Jump(Boys/Girls)
2. Shotput-8 lbs(Girls)
3. Shotput-12 lbs(Boys)

Age 17/25

1. Long Jump(Boys/Girls)
2. Shotput-8 lbs(Girls)
3. Shotput-16 lbs(Boys)

Age 26/35

1. Long Jump(Boys/Girls)
2. Shotput-8 lbs(Girls)
3. Shotput-12 lbs(Boys)

Age 36/45

1. Standing Long Jump(Boys/Girls)
2. Shotput-8lbs(Girls)
3. Shotput-12 lbs(Boys)

Age 46+

1. Standing Long Jump
2. Shotput-6 lbs(Girls)
3. Shotput-8 lbs(Boys)

***EVENT SCHEDULE SUBJECT TO
CHANGE***