

Track Events

10:00	Opening Ceremony	
10:20	60 M Hurdles Final	2009 Girls
10:25	60 M Hurdles Final	2009 Boys
10:30	60 M Hurdles Final	2008 Girls
10:35	60 M Hurdles Final	2008 Boys
10:40	60 M Hurdles Final	2007 Girls
10:45	60 M Hurdles Final	2007 Boys
10:50	80 M Hurdles Final	2006 Girls
10:55	80 M Hurdles Final	2006 Boys
11:00	80 M Hurdles Final	2005 Girls
11:05	80 M Hurdles Final	2005 Boys
11:10	1500 M Race Walk Final	Midget Girls & Boys
11:25	80 M Hurdles Final	Midget Girls & Pentathlon
11:30	100 M Hurdles Final	Youth, Junior, Senior Women
11:35	100 M Hurdles Final	Midget Boys & Pentathlon
11:40	110 M Hurdles Final	Youth, Junior, Senior Men
11:45	3000 M Final	Youth, Junior, Senior Women
12:00	3000 M Final	Youth, Junior, Senior Men
12:15	2000 M Final	Midget Girls
12:25	2000 M Final	Midget Boys
12:35	200 M Final	Youth, Junior, Senior Women
12:40	200 M Final	Youth, Junior, Senior Men
12:45	200 M Final	Masters Women
12:50	200 M Final	Masters Men
12:55	200 M Final	Midget Girls
1:00	200 M Final	Midget Boys
1:10	1500 M Steeplechase Final	Midget Girls
1:20	1500 M Steeplechase Final	Midget Boys
1:40	100 M Final	2009 Girls
1:45	100 M Final	2009 Boys
1:50	100 M Final	2008 Girls
1:55	100 M Final	2008 Boys
2:00	100 M Final	2007 Girls
2:05	100 M Final	2007 Boys
2:10	100 M Final	2006 Girls
2:15	100 M Final	2006 Boys
2:20	100 M Final	2005 Girls
2:25	100 M Final	2005 Boys
2:30	100 M Final	Midget Girls
2:35	100 M Final	Midget Boys
2:40	100 M Final	Youth, Junior, Senior Women
2:45	100 M Final	Youth, Junior, Senior Men
2:50	100 M Final	Masters Women
2:55	100 M Final	Masters Men
3:00	300 M Hurdles Final	Midget Girls
3:05	300 M Hurdles Final	Midget Boys
3:10	60 M Final	2009 Girls
3:15	60 M Final	2009 Boys
3:20	60 M Final	2008 Girls
3:25	60 M Final	2008 Boys
3:30	60 M Final	2007 Girls
3:35	60 M Final	2007 Boys
3:40	300 M Final	2006 Girls
3:45	300 M Final	2006 Boys
3:50	300 M Final	2005 Girls
3:55	300 M Final	2005 Boys
4:00	300 M Final	Midget Girls
4:05	300 M Final	Midget Boys
4:10	400 M Final	Youth, Junior, Senior Women
4:15	400 M Final	Youth, Junior, Senior Men
4:20	400 M Final	Masters Women
4:25	400 M Final	Masters Men
4:30	600 M Final	2009 Girls
4:35	600 M Final	2009 Boys
4:40	600 M Final	2008 Girls
4:45	600 M Final	2008 Boys
4:50	600 M Final	2007 Girls
4:55	600 M Final	2007 Boys
5:00	1000 M Final	Midget Boys Pentathlon

5:05	800 M Final	Midget Girls & Pentathlon
5:10	800 M Final	Midget Boys
5:15	800 M Final	2006 Girls
5:20	800 M Final	2006 Boys
5:25	800 M Final	2005 Girls
5:30	800 M Final	2005 Boys
5:35	1500 M Final	Youth, Junior, Senior Women
5:45	1500 M Final	Youth, Junior, Senior Men
5:55	1200 M Final	Midget Girls
6:00	1200 M Final	Midget Boys

Field Events

10:20	High Jump - Pit A	2005 Boys
10:20	High Jump - Pit B	2006 Boys
10:20	Long Jump - Pit A	Midget Girls & Pentathlon
10:20	Long Jump - Pit B	Youth, Junior, Senior Women
10:20	Shot Put - Circle A	Midget Boys & Pentathlon
10:20	Shot Put - Circle B	2007, 2008, 2009 Boys
10:50	High Jump - Pit A	2007 Girls
10:50	High Jump - Pit B	2008, 2009 Girls
11:00	Shot Put - Circle A	Youth, Junior, Senior Men
11:20	Long Jump - Pit A	2007 Boys
11:20	Long Jump - Pit B	2008, 2009 Boys
11:20	High Jump - Pit A	2005 Girls
11:20	High Jump - Pit B	2006 Girls
11:20	Javelin	Midget Girls, Youth, Junior, Senior Women
11:40	Shot Put - Circle A	2005, 2006 Boys
11:40	Shot Put - Circle B	2007, 2008, 2009 Girls
11:50	Long Jump - Pit A	Youth, Junior, Senior Men
12:10	High Jump - Pit A	Youth, Junior, Senior, Masters Women
12:15	Shot Put - Circle A	Midget Girls & Pentathlon
12:15	Shot Put - Circle B	2005, 2006 Girls
12:20	Javelin	Midget Boys, Youth, Junior, Senior Men
12:20	Long Jump - Pit A	2007 Girls
12:20	Long Jump - Pit B	2008, 2009 Girls
12:40	Discus	Midget Girls, Youth, Junior, Senior Women
12:50	High Jump - Pit A	2007 Boys
12:50	High Jump - Pit B	2008, 2009 Boys
12:50	Long Jump - Pit A	2005 Boys
12:50	Long Jump - Pit B	2006 Boys
1:20	Long Jump - Pit A	Midget Boys & Pentathlon
1:25	High Jump - Pit A	Midget Girls & Pentathlon
1:40	Hammer	All Female Competitors
2:00	High Jump - Pit A	Youth, Junior, Senior, Masters Men
2:00	Long Jump - Pit A	2005 Girls
2:00	Long Jump - Pit B	2006 Girls
2:10	Hammer	All Male Competitors
2:30	Triple Jump - Pit A	Midget Girls, Youth, Junior, Senior Women
2:30	Triple Jump - Pit B	2005 Boys
2:40	High Jump - Pit A	Midget Boys & Pentathlon
2:50	Discus	2005, 2006, 2007 Girls
3:20	Discus	2005, 2006, 2007 Boys
3:30	Triple Jump - Pit A	Midget Boys, Youth, Junior, Senior Men
3:30	Triple Jump - Pit B	2005 Girls
3:50	Shot Put - Circle A	Youth, Junior, Senior Women
4:20	Discus	Midget Boys, Youth, Junior, Senior Men

- Notes:
- 1). Times are approximate and events may start earlier if the schedule permits.
 - 2). This year all races are Finals.