

Saturday, August 7

8:00 am	Hammer throw (men 70-79)
8:00 am	Hammer throw (men 50-69)
9:00 am	5K Power Walk (men and women, all ages)
9:00 am	Running long jump with standing long jump to follow (women, all ages)
9:30 am	Hammer throw (women, all ages)
10:00 am	1500-meter run (men, all ages)
10:30 am	100-meter dash trials (if necessary)
11:00 am	1500-meter run (women, all ages)
11:00 am	Hammer throw (men 80+)
11:00 am	Running long jump with standing long jump to follow (men 80+)
11:45 am	Weight throw (men 80+)
12:00 pm	Javelin throw (women, all ages)
12:30 pm	Weight Throw (men 60-79)
12:30 pm	1500-meter race walk (men and women, all ages)
1:00 pm	Running long jump with standing long jump to follow (men 70-79)
1:00 pm	Weight throw (men 50-59)
1:30 pm	100-meter dash (men, oldest to youngest)
1:30 pm	Javelin throw (men 80+)
2:00 pm	100-meter dash (women, oldest to youngest)
2:00 pm	Running long jump with standing long jump to follow (men 60-69)
2:00 pm	Weight throw (women, all ages)
2:30 pm	50-meter dash (men, oldest to youngest)
2:45 pm	50-meter dash (women, oldest to youngest)
2:45 pm	Javelin throw (men 60-69)
3:00 pm	Running long jump with standing long jump to follow (men 50-59)
3:30 pm	400-meter dash (men, oldest to youngest)
3:45 pm	400-meter dash (women, oldest to youngest)
4:00 pm	Javelin throw (men 70-79)

Sunday, August 8

8:00 am	Javelin throw (men 50-59)
9:00 am	Discus throw (men 50-59)
9:00 am	Shot put (men 70-74)
9:00 am	High jump (men 50-69)
9:00 am	Triple jump (men 70+)
10:00 am	800-meter run (men, all ages)
10:00 am	Discus throw (men 60-69)
10:00 am	Shot put (men 75-79)
10:00 am	Triple jump (men 50-69)
10:00 am -2:00 pm	Football, frisbee and softball throws (open pit, men & women)
10:30 am	High jump (men 70+)
10:45 am	800-meter run (women, all ages)
11:00 am	Shot put (men 80+)
11:00 am	Triple jump (women, all ages)
11:30 am	1500m Power Walk (men and women, all ages)
11:30 am	Discus throw (men 70-79)
12:00 pm	High jump (women, all ages)
12:00 pm	Shot put (women 50-64)
12:30 pm	200-meter dash (men, oldest to youngest)
1:00 pm	200-meter dash (women, oldest to youngest)
1:00 pm	Discus throw (men 80+)
1:00 pm	Shot put (women 65+)
1:00 pm	Pole vault (men and women, all ages)
1:30 pm	1-mile precision walk (men and women, all ages)
2:00 pm	Shot put (men 50-69)
2:00 pm	Discus throw (women, all ages)