



TRACK AND FIELD | SATURDAY, JUNE 28

Schedule and event breakdown. Times are subject to change based on weather and participation. Check your email, our website and at sign-in on the day of your event for potential time changes.

TIME	EVENT
8 AM	Hammer throw, weight throw to follow (men 70+)
8 AM	Running long jump, standing long jump to follow (women, all ages)
9 AM	5k power walk (men and women, all ages)
9:30 AM	Javelin throw (men 80+)
10 AM	1,500-meter run (men, all ages)
10 AM	Hammer throw, weight throw to follow (women, all ages)
10:30 AM	Javelin throw (men 70-79)
10:45 AM	Running long jump, standing long jump to follow (men 80+)
11 AM	1,500-meter run (women, all ages)
12:30 PM	1,500-meter race walk (men and women, all ages)
12:30 PM	Running long jump, standing long jump to follow (men 70-79)
12:30 PM	Javelin throw (men 50-69)
1:30 PM	100-meter dash finals (men, oldest to youngest)
2 PM	Running long jump, standing long jump to follow (men 50-69)
2 PM	100-meter dash finals (women, oldest to youngest)
2 PM	Hammer throw, weight throw to follow (men 50-69)
2 PM	Javelin throw (women 50-69)
2:30 PM	50-meter dash finals (men, oldest to youngest)
2:45 PM	50-meter dash finals (women, oldest to youngest)
3:30 PM	400-meter dash (men, oldest to youngest)
3:45 PM	Javelin throw (women 70+)
4 PM	400-meter dash (women, oldest to youngest)

NSGA EVENTS



TRACK AND FIELD | SUNDAY, JUNE 29

Schedule and event breakdown. Times are subject to change based on weather and participation. Check your email, our website and at sign-in on the day of your event for potential time changes.

TIME	EVENT
8 AM	Shot put (men 70-79)
8 AM	Discus throw (men 50-59)
9 AM	High jump (men 50-69)
9 AM	Triple jump (women, all ages)
9 AM	Discus throw (men 60-69)
9:30 AM	Shot put (men 50-59)
10 AM	800-meter run (men, all ages)
10 AM – 2 PM	Football, Frisbee and softball throws (open pit, men and women)
10:30 AM	High jump (men 70+)
10:30 AM	Discus throw (men 70-79)
10:30 AM	Triple jump (men 70+)
10:30 AM	Shot put (men 60-69)
10:45 AM	800-meter run (women, all ages)
11:30 AM	1,500-meter power walk (men and women, all ages)
11:30 AM	High jump (women, all ages)
NOON	Shot put (women 50-69)
NOON	Triple jump (men 50-69)
NOON	Discus throw (women 70+)
12:30 PM	200-meter dash finals (men, oldest to youngest)
1 PM	200-meter dash finals (women, oldest to youngest)
1 PM	Shot put (women 70+)
1 PM	Pole vault (men and women, all ages)
1 PM	Discus throw (women 50-69)
1:30 PM	1-mile precision walk (men and women, all ages)
2 PM	Shot put (men 80+)
3 PM	Discus throw (men 80+)