

SCHEDULE OF EVENTS

OPEN/MASTERS ONLY – Friday June 19, 2026

RUNNING EVENTS:

Running Order: Masters - Open

Friday, June 19 1:00 pm – 7:00 pm (All Finals)

1:00 pm – 3000M
1:40 pm – 100M Semis
2:10 pm – 80M Hurdles
2:25 pm – 100M Hurdles
2:45 pm – 110M Hurdles
3:15 pm – 100M Finals
3:30 pm – 800M
4:00 pm – 4x100M
4:20 pm – 400M
4:55 pm – 1500M
5:20 pm – 400M Hurdles
5:50 pm – 200M
6:20 pm – 4x400
6:40 pm - Racewalk

FIELD EVENTS:

Friday, June 14

1:30 pm
Long Jump (M then W)
High Jump (W then M)

3:00 pm
Shot Put (M then W)
Discus (W then M)
Triple Jump (M then W)
Pole Vault (W then M)

5:00 pm
Javelin (M then W)
Hammer (M then W)
Hammer (Youth 15 – 18)

RUNNING EVENT: (Sunday Only)

Sunday, June 21, 2026 (Female and Male)

100M – Open to Coaches/Parents
(In honor of Dr. Jim Law)

Sunday, June 21, 2026 (Female and Male)

4x100 – Open to Coaches/Parents

ALL AAU, USATF and UNATTACHED – Saturday June 20 – Sunday June 21, 2026

RUNNING EVENTS:

Saturday, June 20 9:00am – 8:00pm

1500M Run (Finals)
200M Hurdles (Finals)
400M Hurdles (Finals)
4x800M Relay (Finals)
80M Hurdles (Semis)
100M Hurdles (Semis)
110M Hurdles (Semis)
100M Dash (Semis)
400M Dash (Semis)
200M Dash (Semis)

8&u 100M will run at the same time as the hurdles on the far side of the track

Sunday, June 21 9:00am – 5:00pm (All Finals)

3000M Run
800M Run
Opening Ceremonies
4x100 (Coaches/Parents)
80M Hurdles
100M Hurdles
110M Hurdles
100M Dash (Coaches/Parents)
100M Dash
400M Dash
200M Dash
4x100M Relay
Outstanding Athlete Awards
4x400M Relay
Team Awards

FIELD EVENTS:

Saturday

High Jump (13-14, 15-16, 17-18)
Long Jump (Ages up to 13-14, starting with 7-8 year old)
Turbo Javelin (9-10, 7-8)
Discus (11-12, 13-14)
Aero Javelin (11-12)
Javelin (13-14, 15-16, 17-18)
Shot Put (all age groups; starting with 7-8 year olds)

Sunday

High Jump (11-12, 9-10)
Long Jump (15-16, 17-18)
Triple Jump (13-14, 15-16, 17-18)
Discus (15-16, 17-18)
Pole Vault (15-16, 17-18)

MEET WILL RUN ON A ROLLING TIME SCHEDULE AFTER THE START OF THE 1ST RUNNING EVENT

Field events will begin at 9:00am and will run according to age group shown on the above schedule.