

Special Olympics Cumberland County  
Track and Field 2019

8:15- 9:15	<b>Registration</b>	
9:15	<b>Parade/Opening Ceremonies</b>	
9:35a	<b>ONE MILE RUN</b> (all age groups) staging at home side tent at 9:30	
9:45 C	<b>10m and 25 m Walk</b> (tennis courts) all ages <b>30m Slalom Wheelchair Race</b> (tennis courts) all ages <b>25 m Wheelchair Race</b> (tennis courts) all ages	
9:50	<b>A 100 Meter Dash</b> Home Side Staging	<b>B 50 Meter Dash</b> Visitor Side Staging
	Ages 30 and Over	Ages 11 and Under
	Ages 22-29	Ages 12-15
	Ages 16-21	Ages 16-21
	Ages 12-15	Ages 22-29
	Ages 11 + Under	Ages 30 and Over
	Ages 11 + Under	Ages 30 and Over
Continuous	<b>Shot Put (Males followed by females)</b>	
9:50 on	Running Long Jump (All age groups)	
9:50 on	Standing Long Jump (All age groups)	
9:50 on	Softball Throw (All age groups)	
11:30 B	100m Walk (All age groups) after 50m dash visitor side staging areas	
11:30 A	200m (All age groups) after 100m dash home side staging areas	
12:30 A	400m (all age groups) staging on home side	
1:00 A	<b>4 X 100 M Relay staging on home side</b> Please have at least 1 coach/volunteer who knows which leg each athlete is running with the team at the staging area and help them move to the start lines!	

Times are approximate events run in order of official's groupings

A, B, C designate which officials group runs events

Reminder: Running events take precedence over field events. Do not miss your running events. Make up heats maybe possible depending on time - please see official at the staging tent - NOT THE START LINE You can do field events throughout the day.