



2019 Summer Games Saturday Schedule June 8th

Events will continue during lunch. Please pick up lunch when you have free time between 11:30am-12:30pm. Only Coaches & Athletes may pick a lunch at Athlete/Coach Tent located just inside the visitor side entrance of the Track.

Athletes should report to the staging tent 15 minutes prior to scheduled event!

	<u>11 & Under</u>	<u>12 - 15 yrs</u>	<u>16 - 21 yrs</u>	<u>22 - 29 yrs</u>	<u>30 & Over</u>	Wheelchair & Inside Walk Events (<i>Alfond</i>)
8:30 - 9:00 Females	Standing Long Jump/ Running Long Jump		Softball/Shotput		100 Meter Dash 8:30 9:30	
9:00 - 9:30 Males	Standing Long Jump/ Running Long Jump		Softball/Shotput		Males-Home Side (red) Females-Visitor's Side (yellow)	Manual Wheelchair Events 9-10am
9:30 - 10:00 Females	Softball/Shotput	Standing Long Jump/ Running Long Jump		200 Meter <i>Home Side (red)</i>	50 Meter Dash <i>Visitor's Side (yellow)</i>	Motorized Wheelchair Events 10-11am
10:00 - 10:30 Males	Softball/Shotput	Standing Long Jump/ Running Long Jump		200 Meter <i>Home Side (red)</i>	50 Meter Dash <i>Visitor's Side (yellow)</i>	
10:30 - 11:00 Females		Softball/Shotput	50 Meter Dash <i>Visitor's Side (yellow)</i>	Standing Long Jump/ Running Long Jump	200 Meter Run <i>Home Side (red)</i>	Inside Softball 11am-1pm
11:00 - 11:30 Males		Softball/Shotput	50 Meter Dash <i>Visitor's Side (yellow)</i>	Standing Long Jump/ Running Long Jump	200 Meter Run <i>Home Side (red)</i>	
11:30 - 12:00 Females	50 Meter Dash <i>Visitor's Side (yellow)</i>	200 Meter <i>Home Side (red)</i>	Standing Long Jump/ Running Long Jump		Softball/Shotput 11:30-1:00 pm (Males Only)	
12:00 - 12:30 Males	50 Meter Dash <i>Visitor's Side (yellow)</i>	200 Meter <i>Home Side (red)</i>	Standing Long Jump/ Running Long Jump			
12:30 - 1:00 Females			200 M Run <i>Home Side (red)</i>	50 Meter Dash <i>Visitor's Side (yellow)</i>		25 Meter Walk & 10 Meter Assisted Walk 1-2pm
1:00 - 1:30 Males			200 M Run <i>Home Side (red)</i>	50 Meter Dash <i>Visitor's Side (yellow)</i>		
1:30 - 2:00 Females	200 Meter <i>Home Side (red)</i>	50 Meter Dash <i>Visitor's Side (yellow)</i>		Softball/Shotput	Standing Long Jump/ Running Long Jump	
2:00 - 2:30 Males	200 Meter <i>Home Side (red)</i>	50 Meter Dash <i>Visitor's Side (yellow)</i>		Softball/Shotput	Standing Long Jump/ Running Long Jump	
2:30 - 3:00 Females	100 Meter Dash <i>Visitor's Side (yellow)</i>	100 Meter Dash <i>Visitor's Side (yellow)</i>	100 Meter Dash <i>Visitor's Side (yellow)</i>	100 Meter Dash <i>Home Side (red)</i>	Softball/Shotput 2:30-3:30pm (Females Only)	
3:00 - 3:30 Males	100 Meter Dash <i>Visitor's Side (yellow)</i>	100 Meter Dash <i>Visitor's Side (yellow)</i>	100 Meter Dash <i>Visitor's Side (yellow)</i>	100 Meter Dash <i>Home Side (red)</i>		