



TRACK & FIELD (ATHLETICS) SCHEDULE

Saturday, June 6

University of Hawaii Cooke Field and T.C. Ching

Note: All Times Are Approximate. Listen for Announcements of 1st, 2nd, and Final Calls. Check-in 15 minutes prior to event time.

SATURDAY, June 7 (Morning)		
TIME	EVENTS	AGE GROUPS
9:00	Coach's Meeting	Track Staging Tent
9:30	4 x 400 Unified Relay Prelims	All Ages Report
	If you are in a 4 x 4 unified relay, report to track staging first, coach should report to field staging to let them know the athlete is in track staging	
9:30	Running Long Jump Wheelchair Softball Throw @ T.C. Ching Field Softball Throw @ T.C. Ching Field Shot Put	30+ Report All Ages Report 22-29 Report 22-29 Report
10:00	800 M Run	All Ages Report
10:15	50 M Dash 50 M Dash 50 M Wheelchair	Future Stars 8-21 Report All Ages Report
10:30	Softball Throw @ T.C. Ching Field	30+ Report
10:45	100 M Walk Running Long Jump Shot Put	8-21 Report 22-29 Report 30+ Report
11:00	100 M Dash	8-15 Report
11:30	100 M Dash 100 M Wheelchair	16-21 Report All Ages Report
11:45	Lunch Break (If all events are on time)	

SATURDAY, June 6 CONTINUED (Track & Field)

Note: All Times Are Approximate. Listen for Announcements.

SATURDAY, June 7 (Afternoon)		
TIME	EVENTS	AGE GROUPS
12:30 or as soon as break is over	Softball Throw @ T.C. Ching Field Running Long Jump	8-15 Report 16-21 Report
12:30	50 M Dash	22+ Report
12:50	100 M Dash	22+ Women Report
1:00	100 M Dash	22+ Men Report
1:30	Shot Put	8-21 Report
1:30	400 M Dash	All Ages Report
1:45	100 M Walk	22+ Report
1:45	Running Long Jump (400 M Dash and 8-15 Shotput go to awards first) (Coaches please inform RLJ Staging of any conflict)	8-15 Report
1:50	Softball Throw @ T.C. Ching Field (400 M Dash and 100 Walk athletes go to awards first) (Coaches please inform Softball Throw staging of any conflicts)	16-21 Report
2:10	4 x 100 M Relay Prelims	Report when team name is called
2:35	4 x 100 M Unified Relay Prelims	Report when team name is called

Notes:

- Alternates must be listed on the alternate sheet and turned in to Nip during the registration process in order to be placed on a relay team. Alternates may only be used for **Preliminary** relays.
- Coaches relay registration sheets are available at Track Staging

TRACK & FIELD (ATHLETICS) SCHEDULE (cont.)

Sunday, June 7

University of Hawaii Cooke Field

Note: All Times Are Approximate. Listen for Announcements.

SUNDAY, June 8		
TIME	EVENTS	AGE GROUPS
9:00	1500 M Run Standing Long Jump	All Ages Report 22+ Report
9:10	4 x 400 M Relay Finals 4 x 400 M Unified Relay Finals	All Ages Report Report when team name is called
9:45	Standing Long Jump	8-21 Report
9:50	200 M Dash	22+ Report
10:05	200 M Dash	8-21 Report
10:35	400 M Walk	All Ages Report
11:05	4 x 100 M Relay Finals	Report when team name is called
11:30	4 x 100 M Unified Relay Finals	Report when team name is called
12:00	4 x 100 Coaches Relay	All Report
12:30 pm	Report to Cooke Field for Closing Ceremonies	

Notes:

- Final Relay division information will be available at track staging Sunday morning.

LEVEL III WHEELCHAIR AND TRACK AND FIELD
(WHEELCHAIR & DEVELOPMENTAL EVENTS)
SATURDAY, June 6
University of Hawaii Cooke Field

9:15 am: Coaches Meeting (**AT LEVEL III STAGING TENT**)
9:30 am: Check-in
9:45 am: Competition Begins

THROWING/JUMPING EVENTS

All Level III athletes will be staged for the Throwing Events at 9:40am. Athletes will be called and staged for Softball Throw, Tennis Ball Throw, and Mini Javelin then they will transition to Standing Long Jump.

TRACK EVENTS (will begin after field awards have been given out and after the 800 meter run is completed.)

Order of Events

4x25 M Relay Race
10 M Assisted Walk
10 M Manual Wheelchair Race
15 M Walk
25 M Dash
25 M Assisted Walk
25 M Motorized Wheelchair Obstacle Course
50 M Dash
25 M Walk
30 M Motorized Wheelchair Slalom
30 M Manual Wheelchair Slalom
100 M Run

NOTES:

1. All Level III athletes must report to the Level III staging tent. They will remain in this tent throughout the event.
2. Athletes using wheelchairs will use 2 lanes.
3. All athletes will receive awards immediately after all field events are completed, then after all track events are completed. They will be escorted from the finish line or throwing station back to the staging tent and then to the awards tent.
4. Wheelchair and Developmental Athletes will not be in the same heats for track or throwing events.
5. If an athlete is in a Level III (Developmental) Race/Walk and a throwing event, they must compete at the Level III throwing event competition. They can compete in the Level 2 Standing Long Jump held on Sunday, if registered for the event.
6. Lunch will be distributed at the Athlete/Coach Hospitality and Lunch Distribution tent on Saturday from approx. 11:30 am – 12:30 pm. You must have your ID badges.
7. Coaches and spectators are allowed to enter the field for Level III events and sit in the Spectator Tent. If needed, 1 registered coach, with a green name tag may sit in the staging tent with their athlete.