

29.03.2024

- Check in starts at 9am until 12pm. **Every participant must check in to get bib/chest no.**
- Without chest/bib number, no one is allowed to participate in any event.
- **Reminder:** for track events, the first foul will be a warning, and the second foul the participant will be disqualified.
- The first event will start at **1pm sharp.**

Round 1 Time: 1:00- 1:30pm	Round 2 Time: 1:30-2:00pm	Round 3 Time: 2:00- 2:30pm
Males Under 11: Long Jump Shot Put Females Under 11: Shot Put	Males Under 13: Long Jump Shot Put Females Under 13: Shot Put Males Under 5: 50m Females Under 5: 50m	Males Under 15: Long Jump Shot Put Females Under 15: Shot Put Males Under 9: 100m Females Under 9: 100m
Round 4 Time: 2:30- 3:00pm	Round 5 Time: 3:00-3:30pm	Round 6 Time: 3:30-4:00pm
Males Under 17: Long Jump Shot Put Females Under 17: Shot Put Males Under 7: 100m Females Under 7: 100m	Males Under 19: Long Jump Shot Put Females Under 19: Shot Put Males Under 9: 200m	Females Under 11: Long Jump Females Under 13: Long Jump Females Under 9: 200m
Round 7 Time: 4:00-4:30pm		Round 8 Time: 4:30-5:00pm
Females Under 15: Long Jump Females Under 17: Long Jump Males Over 70: 100m		Females Under 19: Long Jump Females Over 70: 100m