

Central Pennsylvania Youth Track Meet – May 31 – June 1, 2019

ORDER OF EVENTS

Friday

TRACK EVENTS	ESTIMATED START TIME
3000 m	6:30 pm
300 m hurdles	7:15 pm
FIELD EVENTS	ESTIMATED START TIME
Pole Vault (boys)	
All ages Warmup	5:00 pm
All ages	6:00 pm
Triple Jump	
13-14	6:30 pm
15-18	7:15 pm

Saturday

TRACK EVENTS	ESTIMATED START TIME
1500 m	9:30 am
80/100/110 hurdles	10:15 am
100 m	10:45 am
400 m	11:45 am
4x100 m relay	1:00 pm
800 m	1:30 pm
200 m	2:15 pm
Swedish relay	3:15 pm
FIELD EVENTS	ESTIMATED START TIME
Long Jump	
15-18 Warm up	9:00 am
15-18	9:30 am
11-14 Warm up	10:00 am
11-12, 13-14	10:30 am
10- Warm up	1:00 pm
8 and under, 9-10	1:30 pm
Javelin	
8 and under	9:30 am
9-10	10:45 am
11-12	9:30 am
13-14	10:15 am
15-18	11:00 am
Shot put	
8 and under	12:30 pm
9-10	1:00 pm
11-12	1:30 pm
13-14	2:00 pm
15-18	2:30 pm
Pole Vault (girls)	
All ages Warm up	1:00 pm
All ages	2:00 pm