

ALLCOMER'S MEET #1

LEGION TRACK

WEDNESDAY, MAY 11th, 2016

TRACK SCHEDULE

4:30 pm	800 m	Female
4:40 pm	800 m	Male
4:50 pm	200 m	Female
5:10 pm	200 m	Male
5:30 pm	3000 m	Female
5:50 pm	3000 m	Male
6:10 pm	4 x 400m Relay	Female
6:20 pm	4 x 400m Relay	Male

- Anyone not pre-registered must turn in their event cards to the marshals at the start line at least **20 minutes** prior to the scheduled start of their track events.

FIELD SCHEDULE

4:30 – 5:30 pm	Discus	Female
4:30 – 5:30 pm	Shot Put	Male
4:30 – 5:30 pm	Long Jump	Female
5:30 – 6:30 pm	Discus	Male
5:30 – 6:30 pm	Shot Put	Female
5:30 – 6:30 pm	Long Jump	Male

- Athletes must check in with the event marshals at event at least **15 minutes** prior to the scheduled start of their field events.
- Field events are open during the times stated. Athletes can complete 3 throws or jumps at any point during the stated time.