

4:15 PM	W45-54 3000 Meter Run	Finals
4:30 PM	W30-44 3000 Meter Run	Finals
4:45 PM	M75-104 3000 Meter Run	Finals
5:15 PM	M70 3000 Meter Run	Finals
5:30 PM	M65 3000 Meter Run	Finals
5:45 PM	M60 3000 Meter Run	Finals
6:00 PM	M55 3000 Meter Run	Finals
6:15 PM	M50 3000 Meter Run	Finals
6:30 PM	M45 3000 Meter Run	Finals
6:45 PM	M30-44 3000 Meter Run	Finals

FRIDAY

FIELD

Round

8:00 AM	M80-99 Jim Chamberas Memorial Weight - Studio	Finals
9:00 AM	M80-99 Milliman Super Weight - Studio	Finals
1:00 PM	M70-94 Pole Vault	Finals
3:00 PM	W60-84 Pole Vault	Finals
3:15 PM	M70-79 Jim Chamberas Memorial Weight - Infield	Finals
4:30 PM	W30-59 Pole Vault	Finals
4:30 PM	M70-79 Super Weight - Studio	Finals
4:30 PM	M65 Jim Chamberas Memorial Weight - Infield	Finals
5:15 PM	M60 Jim Chamberas Memorial Weight - Infield	Finals
5:30 PM	M65 Milliman Super Weight - Studio	Finals
6:00 PM	M60 Milliman Super Weight - Studio	Finals

SATURDAY

TRACK

Round

8:00 AM	W60-84 3000 Meter Race Walk	Finals
8:30 AM	W30-59 3000 Meter Race Walk	Finals
8:55 AM	M75-89 3000 Meter Race Walk	Finals
9:25 AM	M65-74 3000 Meter Race Walk	Finals
9:50 AM	M35-64 3000 Meter Race Walk	Finals
10:15 AM	W60 60 Meter Dash	Prelims
10:20 AM	W55 60 Meter Dash	Prelims
10:25 AM	W50 60 Meter Dash	Prelims
10:30 AM	W45 60 Meter Dash	Prelims
10:35 AM	W40 60 Meter Dash	Prelims
10:40 AM	M80 60 Meter Dash	Prelims
10:45 AM	M70 60 Meter Dash	Prelims
10:50 AM	M65 60 Meter Dash	Prelims
11:00 AM	M60 60 Meter Dash	Prelims
11:10 AM	M55 60 Meter Dash	Prelims
11:25 AM	M50 60 Meter Dash	Prelims
11:40 AM	M45 60 Meter Dash	Prelims
11:45 AM	M40 60 Meter Dash	Prelims
11:55 AM	M35 60 Meter Dash	Prelims
12:00 PM	M30 60 Meter Dash	Prelims
12:15 PM	W80-104 60 Meter Dash	Finals

12:18 PM	W75 60 Meter Dash	Finals
12:21 PM	W70 60 Meter Dash	Finals
12:24 PM	W65 60 Meter Dash	Finals
12:27 PM	W60 60 Meter Dash	Finals
12:30 PM	W55 60 Meter Dash	Finals
12:33 PM	W50 60 Meter Dash	Finals
12:36 PM	W45 60 Meter Dash	Finals
12:39 PM	W40 60 Meter Dash	Finals
12:42 PM	W35 60 Meter Dash	Finals
12:45 PM	W30 60 Meter Dash	Finals
12:48 PM	M90-104 60 Meter Dash	Finals
12:51 PM	M85 60 Meter Dash	Finals
12:54 PM	M80 60 Meter Dash	Finals
12:57 PM	M75 60 Meter Dash	Finals
1:00 PM	M70 60 Meter Dash	Finals
1:03 PM	M65 60 Meter Dash	Finals
1:06 PM	M60 60 Meter Dash	Finals
1:09 PM	M55 60 Meter Dash	Finals
1:12 PM	M50 60 Meter Dash	Finals
1:15 PM	M45 60 Meter Dash	Finals
1:18 PM	M40 60 Meter Dash	Finals
1:21 PM	M35 60 Meter Dash	Finals
1:24 PM	M30 60 Meter Dash	Finals
1:30 PM	W65-84 1500 Meter Run	Finals
1:40 PM	W60 1500 Meter Run	Finals
1:49 PM	W55 1500 Meter Run	Finals
1:58 PM	W50 1500 Meter Run	Finals
2:06 PM	W45 1500 Meter Run	Finals
2:14 PM	W30-44 1500 Meter Run	Finals
2:22 PM	M80-104 1500 Meter Run	Finals
2:40 PM	M75 1500 Meter Run	Finals
2:50 PM	M70 1500 Meter Run	Finals
2:59 PM	M65 1500 Meter Run	Finals
3:08 PM	M60 1500 Meter Run	Finals
3:20 PM	M55 1500 Meter Run	Finals
3:35 PM	M50 1500 Meter Run	Finals
3:50 PM	M45 1500 Meter Run	Finals
3:57 PM	M40 1500 Meter Run	Finals
4:04 PM	M30-39 1500 Meter Run	Finals
4:15 PM	W50 60 Meter Hurdles	Prelims
4:25 PM	M65 60 Meter Hurdles	Prelims
4:30 PM	M60 60 Meter Hurdles	Prelims
4:35 PM	M55 60 Meter Hurdles	Prelims
4:40 PM	M50 60 Meter Hurdles	Prelims
4:45 PM	W70-84 60 Meter Hurdles	Finals
4:49 PM	W60-69 60 Meter Hurdles	Finals

4:53 PM	M80-94 60 Meter Hurdles	Finals
5:02 PM	M75 60 Meter Hurdles	Finals
5:06 PM	M70 60 Meter Hurdles	Finals
5:10 PM	W55 60 Meter Hurdles	Finals
5:14 PM	W50 60 Meter Hurdles	Finals
5:23 PM	W45 60 Meter Hurdles	Finals
5:27 PM	W40 60 Meter Hurdles	Finals
5:36 PM	M65 60 Meter Hurdles	Finals
5:40 PM	M60 60 Meter Hurdles	Finals
5:49 PM	W30-39 60 Meter Hurdles	Finals
5:58 PM	M55 60 Meter Hurdles	Finals
6:02 PM	M50 60 Meter Hurdles	Finals
6:15 PM	M45 60 Meter Hurdles	Finals
6:19 PM	M40 60 Meter Hurdles	Finals
6:23 PM	M30-39 60 Meter Hurdles	Finals
6:30 PM	W30-79 4x800 Meter Relay Club	Finals
6:30 PM	W30-79 4x800 Meter Relay Non Club	Finals
6:40 PM	M30-99 4x800 Meter Relay Club	Finals
6:45 PM	M30-89 4x800 Meter Relay Non Club	Finals
7:00 PM	W30-79 Southwest Sprinters 4x200 Meter Relay Club	Finals
7:10 PM	W30-79 Southwest Sprinters 4x200 Meter Relay Non Club	Finals
7:15 PM	M30-99 Southwest Sprinters 4x200 Meter Relay Club	Finals
7:30 PM	M30-99 Southwest Sprinters 4x200 Meter Relay Non Club	Finals

SATURDAY

FIELD

Round

8:00 AM	M30-49 Jim Chamberas Memorial Weight - Infield	Finals
8:00 AM	M80-104 Shot Put - Studio	Finals
8:30 AM	M65 High Jump	Finals
8:45 AM	M80-99 Long Jump - Runway 2	Finals
8:45 AM	W70-89 Long Jump - Runway 1	Finals
9:00 AM	M50-59 Pole Vault	Finals
9:15 AM	M50 Jim Chamberas Memorial Weight - Infield	Finals
9:15 AM	M30-49 Milliman Super Weight - Studio	Finals
9:45 AM	M75 Long Jump - Runway 1	Finals
9:45 AM	W60-69 Long Jump - Runway 2	Finals
10:15 AM	M55 Jim Chamberas Memorial Weight - Infield	Finals
10:15 AM	M50 Milliman Super Weight - Studio	Finals
10:30 AM	M60 High Jump	Finals
10:45 AM	M70 Long Jump - Runway 1	Finals
11:15 AM	M55 Milliman Super Weight - Studio	Finals
11:30 AM	M70 Shot Put - Infield	Finals
11:45 AM	W55 Long Jump - Runway 2	Finals
12:00 PM	M60 Long Jump - Runway 1	Finals
12:15 PM	M30-49 Pole Vault	Finals
12:30 PM	M75 Shot Put - Studio	Finals
12:30 PM	M80-94 High Jump	Finals

12:45 PM	M65 Shot Put - Infield	Finals
12:45 PM	W45 Long Jump - Runway 2	Finals
1:15 PM	W50 Long Jump - Runway 1	Finals
1:30 PM	W75-104 Shot Put - Studio	Finals
1:45 PM	M60 Shot Put - Infield	Finals
1:45 PM	W30-44 Long Jump - Runway 2	Finals
2:00 PM	M70-79 High Jump	Finals
2:15 PM	M65 Long Jump - Runway 1	Finals
2:45 PM	W65-74 Shot Put - Studio	Finals
3:00 PM	W55 Shot Put - Infield	Finals
3:00 PM	M50 Long Jump - Runway 2	Finals
3:45 PM	M55 Long Jump - Runway 1	Finals
3:45 PM	W60 Shot Put - Studio	Finals
4:00 PM	M45 Long Jump - Runway 2	Finals
4:15 PM	W40-49 Shot Put - Infield	Finals
4:30 PM	W50 Shot Put - Studio	Finals
5:00 PM	M40 Long Jump - Runway 2	Finals
5:00 PM	M30-39 Long Jump - Runway 1	Finals
5:15 PM	W30-39 Shot Put - Studio	Finals

SUNDAY

TRACK

Round

8:00 AM	W75 200 Meter Dash	Prelims
8:05 AM	W70 200 Meter Dash	Prelims
8:10 AM	W60 200 Meter Dash	Prelims
8:15 AM	W55 200 Meter Dash	Prelims
8:20 AM	W50 200 Meter Dash	Prelims
8:25 AM	W45 200 Meter Dash	Prelims
8:30 AM	W40 200 Meter Dash	Prelims
8:35 AM	W35 200 Meter Dash	Prelims
8:40 AM	M80 200 Meter Dash	Prelims
8:45 AM	M75 200 Meter Dash	Prelims
8:50 AM	M70 200 Meter Dash	Prelims
8:55 AM	M65 200 Meter Dash	Prelims
9:05 AM	M60 200 Meter Dash	Prelims
9:20 AM	M55 200 Meter Dash	Prelims
9:35 AM	M50 200 Meter Dash	Prelims
9:45 AM	M45 200 Meter Dash	Prelims
9:55 AM	M40 200 Meter Dash	Prelims
10:05 AM	M35 200 Meter Dash	Prelims
10:15 AM	M30 200 Meter Dash	Prelims
10:30 AM	W70-84 800 Meter Run	Finals
10:35 AM	W60-69 800 Meter Run	Finals
10:39 AM	W55 800 Meter Run	Finals
10:43 AM	W50 800 Meter Run	Finals
10:47 AM	W45 800 Meter Run	Finals
10:51 AM	W40 800 Meter Run	Finals

10:55 AM	W30-39 800 Meter Run	Finals
11:00 AM	M85-104 800 Meter Run	Finals
11:10 AM	M80 800 Meter Run	Finals
11:15 AM	M75 800 Meter Run	Finals
11:20 AM	M70 800 Meter Run	Finals
11:28 AM	M65 800 Meter Run	Finals
11:36 AM	M60 800 Meter Run	Finals
11:44 AM	M55 800 Meter Run	Finals
11:52 AM	M50 800 Meter Run	Finals
12:00 PM	M45 800 Meter Run	Finals
12:04 PM	M40 800 Meter Run	Finals
12:08 PM	M35 800 Meter Run	Finals
12:12 PM	M30 800 Meter Run	Finals
12:20 PM	W80-94 200 Meter Dash	Finals
12:23 PM	W75 200 Meter Dash	Finals
12:26 PM	W70 200 Meter Dash	Finals
12:29 PM	W65 200 Meter Dash	Finals
12:32 PM	W60 200 Meter Dash	Finals
12:35 PM	W55 200 Meter Dash	Finals
12:38 PM	W50 200 Meter Dash	Finals
12:41 PM	W45 200 Meter Dash	Finals
12:44 PM	W40 200 Meter Dash	Finals
12:47 PM	W35 200 Meter Dash	Finals
12:50 PM	W30 200 Meter Dash	Finals
12:55 PM	M90-104 200 Meter Dash	Finals
1:05 PM	M85 200 Meter Dash	Finals
1:08 PM	M80 200 Meter Dash	Finals
1:11 PM	M75 200 Meter Dash	Finals
1:14 PM	M70 200 Meter Dash	Finals
1:17 PM	M65 200 Meter Dash	Finals
1:20 PM	M60 200 Meter Dash	Finals
1:23 PM	M55 200 Meter Dash	Finals
1:26 PM	M50 200 Meter Dash	Finals
1:29 PM	M45 200 Meter Dash	Finals
1:32 PM	M40 200 Meter Dash	Finals
1:35 PM	M35 200 Meter Dash	Finals
1:38 PM	M30 200 Meter Dash	Finals
1:50 PM	W30-79 4x400 Meter Relay Club	Finals
2:00 PM	W30-79 4x400 Meter Relay Non Club	Finals
2:10 PM	M30-99 4x400 Meter Relay Club	Finals
2:25 PM	M30-89 4x400 Meter Relay Non Club	Finals

SUNDAY	FIELD	Round
8:00 AM	M55 Shot Put - Infield	Finals
8:00 AM	W75-89 Jim Chamberas Memorial Weight - Studio	Finals
8:00 AM	M65 Triple Jump - Runway 1	Finals

8:00 AM	M60 Triple Jump - Runway 2	Finals
8:15 AM	W30-49 High Jump - Apron 2	Finals
8:15 AM	W50-64 High Jump - Apron 1	Finals
8:45 AM	W75-89 Milliman Super Weight - Studio	Finals
9:00 AM	M45 Shot Put - Infield	Finals
9:00 AM	M55 Triple Jump - Runway 1	Finals
9:00 AM	M50 Triple Jump - Runway 2	Finals
9:30 AM	W65-74 Jim Chamberas Memorial Weight - Studio	Finals
9:45 AM	M50 Shot Put - Infield	Finals
10:00 AM	M70 Triple Jump - Runway 1	Finals
10:00 AM	M30-49 Triple Jump - Runway 2	Finals
10:00 AM	M60-69 Pole Vault	Finals
10:30 AM	W65-74 Milliman Super Weight - Studio	Finals
10:30 AM	W65-84 High Jump - Apron 1	Finals
10:45 AM	M50-59 High Jump Apron 2	Finals
11:00 AM	M30-44 Shot Put - Infield	Finals
11:00 AM	M75-99 Triple Jump - Runway 1	Finals
11:30 AM	W30-54 Triple Jump - Runway 2	Finals
11:30 AM	W60 Jim Chamberas Memorial Weight - Studio	Finals
12:15 PM	W30-49 Jim Chamberas Memorial Weight - Infield	Finals
12:15 PM	W60 Milliman Super Weight - Studio	Finals
12:30 PM	W55-69 Triple Jump - Runway 1	Finals
12:30 PM	M30-49 High Jump - Apron 1	Finals
1:00 PM	W70-89 Triple Jump - Runway 2	Finals
1:15 PM	W30-49 Milliman Super Weight - Studio	Finals
1:30 PM	W50-59 Jim Chamberas Memorial Weight - Infield	Finals
2:30 PM	W50-59 Milliman Super Weight - Infield	Finals

