



## AWARDS SCHEDULE

START TIME		MAR. 30	
EVENT	AWARDS	EVENT	CAT
8:00 AM	10:30 AM	10K WALK RD	W60
8:00 AM	10:35 AM	10K WALK RD	TEAM W60
8:00 AM	10:40 AM	10K WALK RD	W65
8:00 AM	10:45 AM	10K WALK RD	TEAM W65
8:00 AM	10:50 AM	10K WALK RD	W70
8:00 AM	10:55 AM	10K WALK RD	TEAM W70
8:00 AM	11:00 AM	10K WALK RD	W75
8:00 AM	11:05 AM	10K WALK RD	TEAM W75
8:00 AM	11:10 AM	10K WALK RD	W80
10:25 AM	11:30 AM	400M	W80
10:29 AM	11:35 AM	400M	W75
10:33 AM	11:40 AM	400M	W70
10:36 AM	11:45 AM	400M	W65
10:40 AM	11:50 AM	400M	W60
9:00 AM	11:55 AM	WEIGHT THROW	M65
9:15 AM	12:00 AM	TRIPLE JUMP	W80
9:15 AM	12:05 AM	TRIPLE JUMP	W85
9:15 AM	12:10 AM	TRIPLE JUMP	W90
10:44 AM	12:15 PM	400M	W55
10:48 AM	12:20 PM	400M	W50
10:52 AM	12:25 PM	400M	W45
10:56 AM	12:30 PM	400M	W40
11:00 AM	12:35 PM	400M	W35
11:04 AM	12:40 PM	400M	M90

# AWARDS SCHEDULE CONTINUED

START TIME		MAR. 30	
EVENT	AWARDS	EVENT	CAT
11:08 AM	12:45 PM	400M	M85
9:30 AM	12:50 PM	SHOT PUT	M50
11:12 AM	12:55 PM	400M	M80
11:16 AM	13:00 PM	400M	M75
11:20 AM	13:05 PM	400M	M70
11:24 AM	13:10 PM	400M	M65
11:28 AM	13:15 PM	400M	M60
11:32 AM	13:20 PM	400M	M55
11:36 AM	13:25 PM	400M	M50
11:40 AM	13:30 PM	400M	M45
9:00 AM	13:35 PM	JAVELIN	W35
9:00 AM	13:40 PM	JAVELIN	W40
9:15 AM	13:45 PM	HIGH JUMP	M35
9:15 AM	13:50 PM	POLE VAULT	M50
11:44 AM	13:55 PM	400M	M40
9:00 AM	14:00 PM	LONG JUMP	M65
9:30 AM	14:05 PM	HIGH JUMP	M80
9:30 AM	14:10 PM	HIGH JUMP	M85
9:30 AM	14:15 PM	HIGH JUMP	M90
9:45 AM	14:20 PM	10K WALK RD	W35
9:45 AM	14:25 PM	10K WALK RD	TEAM W35
9:45 AM	14:30 PM	10K WALK RD	W40
9:45 AM	14:35 PM	10K WALK RD	TEAM W40
9:45 AM	14:40 PM	10K WALK RD	W45
9:45 AM	14:45 PM	10K WALK RD	TEAM W45
9:45 AM	14:50 PM	10K WALK RD	W50
9:45 AM	14:55 PM	10K WALK RD	TEAM W50
9:45 AM	15:00 PM	10K WALK RD	W55

# AWARDS SCHEDULE CONTINUED

START TIME		MAR. 30	
EVENT	AWARDS	EVENT	CAT
9:45 AM	15:05 PM	10K WALK RD	TEAM W55
10:30 AM	15:10 PM	TRIPLE JUMP	W75
11:00 AM	15:15 PM	400M	M35
12:00 PM	15:20 PM	HURDLES	W80
12:00 PM	15:25 PM	HURDLES	W85
12:00 PM	15:30 PM	HURDLES	W90
12:04 PM	15:35 PM	HURDLES	M85
12:04 PM	15:40 PM	HURDLES	M90
12:08 PM	15:45 PM	HURDLES	M80
9:00 AM	15:50 PM	DISCUS	W65
9:15 AM	15:55 PM	HAMMER	M70
12:12 PM	16:00 PM	HURDLES	W75
12:16 PM	16:05 PM	HURDLES	W70
12:20 PM	16:10 PM	HURDLES	W65
10:45 AM	16:15 PM	WEIGHT THROW	M60
12:24 PM	16:20 PM	HURDLES	W60
12:30 PM	16:25 PM	HURDLES	M75
12:34 PM	16:30 PM	HURDLES	M70
12:38 PM	16:35 PM	HURDLES	W55
12:43 PM	16:40 PM	HURDLES	W50
12:50 PM	16:45 PM	HURDLES	W45
11:15 PM	16:50 PM	SHOT PUT	M55
12:54 PM	16:55 PM	HURDLES	W40
13:00 PM	17:00 PM	HURDLES	M65
13:04 PM	17:05 PM	HURDLES	M60
10:45 AM	17:10 PM	JAVELIN	W45
13:10 PM	17:15 PM	HURDLES	W35
13:18 PM	17:20 PM	HURDLES	M55

# AWARDS SCHEDULE CONTINUED

START TIME		MAR. 30	
EVENT	AWARDS	EVENT	CAT
13:22 PM	17:25 PM	HURDLES	M50
13:30 PM	17:30 PM	HURDLES	M45
13:34 PM	17:35 PM	HURDLES	M40
13:38 PM	17:40 PM	HURDLES	M35
11:15 AM	17:45 PM	DISCUS	W60
11:15 AM	17:50 PM	10K WALK RD	M70
11:15 AM	17:55 PM	10K WALK RD	TEAM M70
11:15 AM	18:00 PM	10K WALK RD	M75
11:15 AM	18:05 PM	10K WALK RD	TEAM M75
11:15 AM	18:10 PM	10K WALK RD	M80
11:15 AM	18:15 PM	10K WALK RD	TEAM M80
11:15 AM	18:20 PM	10K WALK RD	M85
11:15 AM	18:25 PM	10K WALK RD	TEAM M85
11:15 AM	18:30 PM	HAMMER	M75
11:45 AM	18:35 PM	HIGH JUMP	M40
11:45 AM	18:40 PM	POLE VAULT	M55
12:00 PM	18:45 PM	LONG JUMP	M70
12:00 PM	18:50 PM	HIGH JUMP	M45
12:15 PM	18:55 PM	JAVELIN	W50
12:00 PM	19:00 PM	TRIPLE JUMP	W70
13:30 PM	19:05 PM	TRIPLE JUMP	W65
13:00 PM	19:10 PM	DISCUS	W55
13:00 PM	19:15 PM	10K WALK RD	M60
13:00 PM	19:20 PM	10K WALK RD	TEAM M60
13:00 PM	19:25 PM	10K WALK RD	M65
13:00 PM	19:20 PM	10K WALK RD	TEAM M65
15:00 PM	19:25 PM	TRIPLE JUMP	W60

## AWARDS SCHEDULE CONTINUED

START TIME		MAR. 30	
EVENT	AWARDS	EVENT	CAT
14:15 PM	19:30 PM	POLE VAULT	M60
14:30 PM	19:35 PM	LONG JUMP	M75
14:30 PM	19:40 PM	10K WALK RD	M35
14:30 PM	19:45 PM	10K WALK RD	TEAM M35
14:30 PM	19:50 PM	10K WALK RD	M40
14:30 PM	19:55 PM	10K WALK RD	TEAM M40
14:30 PM	20:00 PM	10K WALK RD	M45
14:30 PM	20:05 PM	10K WALK RD	TEAM M45
14:30 PM	20:10 PM	10K WALK RD	M50
14:30 PM	20:15 PM	10K WALK RD	TEAM M50
14:30 PM	20:20 PM	10K WALK RD	M55
14:30 PM	20:25 PM	10K WALK RD	TEAM M55
13:50 PM	TENTATIVE	4X200	W,M
16:30 PM	TENTATIVE	4X200 MIX	MIXED

**ATHLETES, PLEASE REPORT  
TO THE RESERVED SEATING  
AREA ON THE RIGHT OF THE  
STAGE 10 MINUTES AHEAD  
OF YOUR AWARD CEREMONY**