

Beach Run 2016 Tentative Schedule

(Final Schedule posted after entries close March 29)

Friday April 1 Track

Opens	2:00
100m Prelims	4:30
100/110 Hurdle Prelims	5:00
4x200m Prelims*	5:30
800m Prelims	6:00
4x100m Prelims*	6:30
2000m Steeplechase-EX	7:00
200m Prelims	7:30
1600m Finals (Fast Section)	8:00
4x400m Prelims*	8:30

Saturday April 2

Track Opens	8:30
4x800m Relay Finals*	11:00
100/110 Hurdle Finals	11:45
100m Finals	12:00
4x200m Relay Finals	12:15
1600m (Rising Stars)	12:30
4x100m Relay Finals	1:00
400m Finals <i>(11:30 declaration)</i>	1:15
400 Hurdle Finals <i>(12:00 declaration)</i>	1:50
800m Finals	2:30
200m Finals	2:45
3200m Finals	3:00
4x400m Finals	3:45
Awards	4:00

Friday Field Events session begins at 4:00

<u>Boys Field</u>	<u>Girls Field</u>
Long Jump	Triple Jump
Pole Vault	High Jump
Discus	Shot Put
Hammer-EX	

Saturday Field Events session begins at 10:30

<u>Boys Field</u>	<u>Girls Field</u>
Triple Jump	Long Jump
High Jump	Pole Vault
Shot Put	Discus
	Hammer-EX

*We will be weighing implements in the building at the South end of the visitor's bleachers when the track opens each day. This weigh-in will last 30 minutes.

*We will be weighing vaulters.

*All field event athletes check in at your event.