



ATHLETICS - TRACK EVENTS
STOCKER STADIUM
SATURDAY, JUNE 8, 2019

5K RUN STAGING AWARDS

Event Time	Gender	Division	STAGING	AWARDS
7:30 AM	ALL	M1 - M3	GREEN	GREEN

400 M Run STAGING AWARDS

Event Time	Gender	Division	STAGING	AWARDS
8:30 AM	Female	F1	GREEN	PRELIMS

400 M Walk STAGING AWARDS

Event Time	Gender	Division	STAGING	AWARDS
8:30 AM	Female	F1 - F2	GREEN	PRELIMS

400 M Wheelchair STAGING AWARDS

Event Time	Gender	Division	STAGING	AWARDS
8:45 AM	Female	F1	GREEN	PRELIMS

100 M Run STAGING AWARDS

Event Time	Gender	Division	STAGING	AWARDS
9:00 AM PENT	ALL	F1 , M1 - M2	GREEN	
9:00 AM	Female	F01 - F04	GREEN	PRELIMS
9:15 AM	Female	F05 - F08	GREEN	PRELIMS
9:30 AM	YOUNG ATHLETES			

100 M Walk STAGING AWARDS

Event Time	Gender	Division	STAGING	AWARDS
9:45 AM	Female	F1 - F5	GREEN	PRELIMS

Wheelchair Races STAGING AWARDS

Event Time	Division	STAGING	AWARDS
10:00 AM 25 Meter Wheelchair	F1 - F3, M1 - M2	YELLOW	YELLOW
10:00 AM 30 Meter motor Slalom	F1, M1	YELLOW	YELLOW
10:00 AM 50 meter Motor WC	F1, M1	YELLOW	YELLOW

50 M Run STAGING AWARDS

Event Time	Gender	Division	STAGING	AWARDS
10:00 AM	YOUNG ATHLETES			
10:30 AM	Female	F1 - F4	GREEN	PRELIMS

50M WALK STAGING AWARDS

Event Time	Gender	Division	STAGING	AWARDS
10:30 AM	Female	F1 - F3	GREEN	PRELIMS

50M ASSISTED WALK **STAGING** **AWARDS**

Event Time	Gender	Division		
10:45 AM	Female	F1	GREEN	PRELIMS

Assisted Races **STAGING** **AWARDS**

Event Time		Division		
11:00 AM	25 M Assisted	F1 - F2	GREEN	PRELIMS

800M Run **STAGING** **AWARDS**

Event Time	Gender	Division		
11:15 AM	All	M1 - M3	GREEN	GREEN

800M Walk **STAGING** **AWARDS**

Event Time	Gender	Division		
11:15 AM	All	F1, M1	GREEN	GREEN

MATP **STAGING** **AWARDS**

Event Time	Gender	Division		
11:30 AM	All	All	YELLOW	

200M RUN **STAGING** **AWARDS**

Event Time	Gender	Division		
11:45 AM	Female	F1 - F3	GREEN	PRELIMS

200M WALK **STAGING** **AWARDS**

Event Time	Gender	Division		
12:00 PM	Female	F1 - F3	GREEN	PRELIMS

200 M Run **STAGING** **AWARDS**

Event Time	Gender	Division		
12:15 PM	Male	M1 - M8	GREEN	PRELIMS

200 M Walk **STAGING** **AWARDS**

Event Time	Gender	Division		
12:45 PM	Male	M1 - M2	GREEN	PRELIMS

50 M Run **STAGING** **AWARDS**

Event Time	Gender	Division		
1:00 PM	Male	M1 - M9	GREEN	PRELIMS

50 M Walk **STAGING** **AWARDS**

Event Time	Gender	Division		
1:15 PM	Male	M1 - M2	GREEN	PRELIMS

50 M Assisted Walk			STAGING	AWARDS
Event Time	Gender	Division		
1:15 PM	Male	M1 - M2	GREEN	PRELIMS

Assisted Races			STAGING	AWARDS
Event Time		Division		
1:15 PM	25 Meter assisted walk	M1 - M2	GREEN	PRELIMS

100 M Run			STAGING	AWARDS
Event Time	Gender	Division		
1:30 PM	Male	M1 - M10	GREEN	PRELIMS
1:45 PM	Male	M11 - M19	GREEN	

100 M Walk			STAGING	AWARDS
Event Time	Gender	Division		
2:00 PM	Male	M1 - M3	GREEN	PRELIMS

100 M Assisted			STAGING	AWARDS
Event Time	Gender	Division		
2:00 PM	Male	M1	GREEN	PRELIMS

400 M Run			STAGING	AWARDS
Event Time	Gender	Division		
2:15 PM	PENT ALL	F1 , M1 - M3	GREEN	PRELIMS
2:15 PM	Male	M1 - M2	GREEN	PRELIMS

400 M Walk			STAGING	AWARDS
Event Time	Gender	Division		
2:30 PM	Male	M1 - M2	GREEN	PRELIMS

4X400M RELAY			STAGING	AWARDS
Event Time	Gender	Division		
2:45 PM	ALL	M1	GREEN	GREEN

4X100M Walk Relay			STAGING	AWARDS
Event Time	Gender	Division		
3:00 PM	ALL	M1	GREEN	GREEN

4X100M UNIFIED RELAY			STAGING	AWARDS
Event Time	Gender	Division		
3:00 PM	ALL	M1 - M2	GREEN	GREEN

4X100M RELAY			STAGING	AWARDS
Event Time	Gender	Division		
3:15 PM	ALL	F1, M1 - M5	GREEN	GREEN

NOTE: Listed times are approximate. Heats could start earlier if we are ahead of schedule!