



Held June 24th, at Roberts Wesleyan University, in North Chili, NY.

There will be no day of registration!

8:00am	Check-in open for all track and field events! Implement Inspection for all throwing events!
8:30am	Warm-up for Pole Vault begins.
9:00am	Check-in and Implement inspection will end. Warm-up for throws and jumps begins.
9:00am	All Race Walks to start on the track, J.O. Open, and masters.
9:30am	Field Events to start Hammer, Javelin, Long Jump. Followed by Discus, High Jump, Triple Jump. Followed by Shot Put as athletes become available.
Estimated 9:30am	High Hurdles starting with Men's 110h, then Women's 100h, moving to masters 80mh.
Estimated 9:45am	ROTY 1 mile. 5 heats, W-masters, the W-Open. M-masters then M-Open.
Estimated 10:30am	Men's 100m, then Women.
Rolling schedule	Men's 400m, then Women. Men's 200m, then Women. Men's 800m, then Women. Steeple Chase Women-3000m, Girls-2000m, Men/Boys-2000m . Intermediate Hurdles, Men-400h, then Women-400h

Short Intermission before J.O. running events begin