

MSG Track & Field - Schedule Overview

First Call	Last Call	Start	All Track	All	Women	70+ Men	60-69 Men	50-59 Men	
		8:00	< ----- Check-in at Registration <> Receive Bib # ----- >						
8:40	8:50	9:00	5000m (1)		Long & Triple Jump	Javelin	Discus	Shot Put	
9:10	9:20	9:30			Standing Long Jump	Softball Throw			
9:40	9:50	10:00	400m (2)	High Jump	Shot Put	Long & Triple Jump	Javelin	Discus	
10:10	10:20	10:30	3000m (1)			Standing Long Jump	Softball Throw		
10:40	10:50	11:00	200m Run *	Pole Vault	Discus	Shot Put	Long & Triple Jump	Javelin	
11:10	11:20	11:30	1500m (2)				Standing Long Jump	Softball Throw	
11:40	11:50	12:00	100m Run *		Javelin	Discus	Shot Put	Long & Triple Jump	
12:10	12:20	12:30	800m (2)		Softball Throw			Standing Long Jump	
12:40	12:50	1:00	50m Run *						

Meet Runs On-Schedule - Athletes Who Fail to Report by Last Call May be Scratched

Track Events - Check-in at Race Start Line

Track Schedule will not be compressed

Heats may be combined if numbers dictate

Field Events - Check-in at Event

May Compete Early - May Not Compete Late

Groups listed above will be flighted by Division if numbers dictate

(1) Male & Female 5000m, 3000m - 1 Heat: Run, Power Walk - Limit of 1 race at each distance

(2) Male & Female 400m, 1500m, 800m - 2 Heats: Run, Power Walk may enter up to 2 races at each distance

* Number of heats will be determined by number of registrations

Event Conflicts: Check-in with Field Event(s) No Later than Last Call - Advise of Conflict - May be allowed to compete early
Report to Clerk of Course NLT 5 Minutes Before Race Start (At Start Line)

Awards will be available for presentation after results are announced

03.20.2023