

SCHEDULE OF EVENTS:

- [7:00-8:00 AM: Free racewalk clinic](#) - 90 minutes before first event of All-Comers Outdoor Track Meets
- TRACK EVENTS:
 - 8:30 AM • 3000m Racewalk / 800m Youth Racewalk, followed by • 300/400m Hurdles
 - Mile followed by
 - 100m
 - Mile Walk
 - 400m
 - 100/110m Hurdles
 - 3000m
 - 200m
 - 800m
 - 4x100m
 - 4x400m
- FIELD EVENTS
 - 8:30 AM • Youth Long Jump, followed by • 1st flight of Adult Long Jump at about 9:30 AM
 - Extra flights of Long Jump after the 100m dash • followed by Triple Jump
 - 8:30 AM • 1st flight of Discus followed by extra flights of Discus • followed by 1st flight of Shot Put
 - 8:30 AM • High Jump under 5 feet
 - 10:00 AM • High Jump starting at 5 feet
 - 10:00 AM • Pole Vault
 - 12:00 noon • Turbo Jav on infield
- NOTE: We conduct Hammer / Javelin / Weight / SuperWeight Throws at the park near T.C. Williams High School, 3330 King Street, Alexandria VA, starting at 1:00 PM
- Park on the south side of the school near the recreation center