

## 2019 IYC SCHEDULE

### FRIDAY, JULY 12, 2019

#### Running Events

**8:00 AM** 2000m Steeplechase Finals 15-16-G 17-18 W  
**8:30 AM** 2000m Steeplechase Finals 15-16-B 17-18 M  
**9:00 AM** 400 SEMI 8 &U 9-10 11-12 G/B  
**9:50 AM** 400 SEMI 13-14 15-16 G/B 17-18 M/W  
**10:30 AM** 100m Dash Trials 8 &U 9-10 11-12 G/B  
**11:30 AM** 100m Dash Trials 13-14 15-16 G/B 17-18 M/W

#### Short Hurdle SEMI

**1:00 PM** 110 Meter 15-16 B 17-18 M  
**1:30 PM** 100 Meter 13-14 B 15-16 G 17-18 W  
**1:45 PM** 100 Meter 13-14 G  
**2:00 PM** 80 Meter 11-12 G/B  
**2:30 PM** 4X800 Relay Finals 11-12 13-14  
**3:15 PM** 4X800 Relay Finals 15-16 G/B 17-18 M/W  
**5:00 PM** 200m Dash Trials All Division

#### Field Events:

##### SHOT PUT:

**8:30 AM** 13-14 B - (4kg)  
**10:30 AM** 11-12 B - (6lbs)  
**12:30 PM** 9-10 B - (6 lb)  
**2:30 PM** 8 & Under B - (2Kg)  
**4:30 PM** 15-16 B - (12lb)

##### HIGH JUMP:

**9:00 AM** 13-14 B  
**11:00 AM** 11-12 B  
**1:00 PM** 9-10 B  
**3:00 PM** 15-16 B

##### DISCUS THROW:

**9:00 AM** 13-14 G  
**11:00 AM** 17-18 W  
**1:00 PM** 15-16 G

##### Mini-Javelin

**9:30 AM** 8&U G (300g)  
**12:30 PM** 8&U B (300g)

##### LONG JUMP:

**9:00 AM** 13-14 B- Pit S1 9-10 G - Pit N2  
**12:30 PM** 15-16 B - Pit S1 8&U G - Pit N2  
**3:00** 17-18 M -Pit S1 11-12 G - Pit N2

##### HAMMER

**8:00 AM** 15-16 G 17-18 W

##### JAVELIN:

**2:30 PM** 17-18 M  
**4:30 PM** 15-16 B

### SATURDAY, JULY 13, 2019

#### Running Events:

**8:00 AM** 3000 Meter Run Finals 11-12 13-14 15-16 G/B  
17-18 W/M  
**10:45 AM** 100 Meter Dash SEMI All Divisions  
**11:45 AM** 200m Hurdles SEMI 13-14 G/B  
**12:00 PM** 800 Meter Run Finals All Divisions  
**1:30 PM** 200m Dash SEMI All Division  
**2:15 PM** 3000m Race Walks 13-14 & 15-16 G/B  
**2:45 PM** 4x100 Meter Relays SEMI All Divisions  
**4:45 PM** 1500m Race Walk – Finals 9-10 11-12 G/B  
**5:15 PM** 4x400 Meter Relays -SEMI 8 &U-G/B 9-10 G/B  
11-12 G/B 13-14G/B  
**5:45 PM** 4x400 Meter Relays-SEMI 15-16 G/B 17-18W/M

#### Field Events:

##### SHOT PUT:

**8:30 AM** 13-14 G - (6 lb)  
**10:30 AM** 11-12 G - (6lbs)  
**12:30PM** 9-10 G - (6 lb)  
**2:30 PM** 8 & Under G - (2Kg)  
**4:30 PM** 15-16 G - (4kg)

##### HIGH JUMP:

**9:00 AM** 13-14 G  
**11:00 AM** 11-12 G  
**1:00 PM** 9-10 G  
**3:00 PM** 15-16 G

##### DISCUS THROW:

**9:00 AM** 13-14 B  
**11:00 AM** 17-18 M  
**1:00 PM** 15-16 B

##### Mini-Javelin

**9:30 AM** 11-12 B (450g Aero Javelin)  
**12:30 PM** 9-10 B (300g)

##### POLE VAULT:

**9:00 AM** 13-14 B,  
**1100 AM** 15-16 B,  
**1:00 PM** 17-18 M

##### LONG JUMP:

**9:00 AM** 13-14 G- Pit S1 9-10 B-Pit N2  
**12:30 PM** 15-16 G - Pit S1 8&U B - Pit N2  
**3:00** 17-18 W -Pit S1 11-12 B - Pit N2

**SUNDAY, JULY 14, 2019**

**Running Events:**

8:30 AM 1500 Run Finals 8 &U 9-10 11-12 G/B  
9:00 AM 4x100 Meter Relays Finals All Divisions  
10:30 AM 200m Finals All Divisions  
11:00 AM 1500 Run Finals 13-14 15-16 G/B 17-18  
W/M

**Short Hurdle Finals**

12:00 PM 110 Meter 15-16 B/17-18 M  
100 Meter 13-14 /15-16 G 17-18 W  
80 Meter 11-12 G/B  
1:00 PM 400m Dash Finals All Divisions  
1:30 PM 200m Hurdles Finals  
1:45 PM 400m Hurdles Finals  
2:15 PM 100m Dash Finals All Divisions  
2:30 PM 3000m Race Walk 17-18 M/W  
3:00 PM 4x400 Relay Finals All Divisions

**Field Events:**

**POLE VAULT:**

9:00 AM 13-14 G,  
11:00 AM 15-16 G,  
1:00 PM 17-18 W

**HIGH JUMP:**

8:30 AM 17-18 W  
12:00 PM 17-18 M

**SHOT PUT:**

8:30 AM 17-18 W(4kg)  
12:30 PM 17-18 M(12lbs)

**DISCUS THROW:**

10:00 AM 11-12 G  
12:30 PM 11-12 B

**Mini-Javelin**

8:30 AM 9-10 G (300g)  
11:30 AM 11-12 G (450g Aero Javelin)

**TRIPLE JUMP:**

9:30 AM 15-16 B-Pit S1/ 15-16 G-Pit N1  
11:30 AM 17-18 M-Pit S1 / 17-18 W-Pit N1  
1:30 PM 13-14 B-Pit N1/ 13-14 G-Pit S

**HAMMER**

8:00 AM 15-16 B 17-18 M

**JAVELIN:**

8:30 AM 17-18 W  
10:00 AM 15-16 G  
12:00 PM 13-14 G  
2:00 PM 13-14 B