



ORDER OF EVENTS

FRIDAY, MARCH 16, 2018

NUMBER	EVENTS	TIME	WOMEN	MEN	DAY
101	HAMMER THROW	8:00 a.m.		X	Friday
102	HAMMER THROW		X		Friday
103	DISCUS THROW	12:00 p.m.		X	Friday
104	DISCUS THROW		X		Friday
105	POLE VAULT	1:00 p.m.	X		Friday
106	HIGH JUMP	1:00 p.m.	X		Friday
107	LONG JUMP	2:30 p.m.		X	Friday
108	3,000 METERS RACE WALK	3:00 p.m.	X		Friday
109	4 X 100 METERS (JUNIORS)	3:30 p.m.	X		Friday
110	4 X 100 METERS (JUNIORS)	3:45 p.m.		X	Friday
111	5,000 METERS RACE WALK	4:00 p.m.		X	Friday
112	800 METERS (JUNIORS)	4:30 p.m.	X		Friday
113	800 METERS (JUNIORS)	4:40 p.m.		X	Friday
114	100 METERS (JUNIORS)	4:50 p.m.	X		Friday
115	100 METERS (JUNIORS)	4:55 p.m.		X	Friday
116	TRIPLE JUMP	4:30 p.m.	X		Friday
117	5,000 METERS	5:00 p.m.	X		Friday
118	400 METERS (JUNIORS)	5:30 p.m.	X		Friday
119	400 METERS (JUNIORS)	5:35 p.m.		X	Friday
120	1,500 METERS (JUNIORS)	5:45 p.m.	X		Friday
121	1,500 METERS (JUNIORS)	6:00 p.m.		X	Friday
122	4 X 400 METERS (JUNIORS)	6:10 p.m.	X		Friday
123	4 X 400 METERS (JUNIORS)	6:20 p.m.		X	Friday
124	10,000 METERS	6:30 p.m.		X	Friday



ORDER OF EVENTS

SATURDAY, MARCH 17, 2018

NUMBER	EVENTS	TIME	WOMEN	MEN	DAY
201	POLE VAULT	12:00 p.m.		X	Saturday
202	SHOT PUT	12:00 p.m.	X		Saturday
203	JAVELIN THROW	12:00 p.m.		X	Saturday
204	4 X 100 METERS RELAY	12:00 p.m.	X		Saturday
205	4 X 100 METERS RELAY			X	Saturday
206	400 METERS HURDLES		X		Saturday
207	400 METERS HURDLES			X	Saturday
208	100 METERS		X		Saturday
209	100 METERS			X	Saturday
210	100 METERS HURDLES		X		Saturday
211	110 METERS HURDLES			X	Saturday
212	LONG JUMP	2:00 p.m.	X		Saturday
213	HIGH JUMP	2:00 p.m.		X	Saturday
214	SHOT PUT	2:30 p.m.		X	Saturday
215	JAVELIN THROW	3:00 p.m.	X		Saturday
216	800 METERS		X		Saturday
217	800 METERS			X	Saturday
218	600 METERS "HERMINIO ISAAC CLASSIC"	3:30 p.m.		X	Saturday
219	TRIPLE JUMP			X	Saturday
220	400 METERS		X		Saturday
221	400 METERS			X	Saturday
222	1,500 METERS		X		Saturday
223	1,500 METERS			X	Saturday
224	200 METERS		X		Saturday
225	200 METERS			X	Saturday
226	3,000 METERS STEEPLECHASE		X		Saturday
227	3,000 METERS STEEPLECHASE			X	Saturday
228	4 X 400 METERS		X		Saturday
229	4 X 400 METERS			X	Saturday



Notes:

1. Rules governing the competition - IAAF rules and the LAI rules where they may apply.
2. Call Room - all athletes for track events must report one hour before the event starts. This measure is because order of events prevails, but the schedule can be change per the registration of competitors.
3. General Warm-up Area - in the 400meter warm-up lane in the track of the University complex.
4. Field Events:
 - a. athletes will report directly to the event for their participation.
 - b. once the event starts any athlete without exception may not be included to participate.
5. Implements - all throwing implements must be certified by the Technical Director, Mr. Jorge L. Ortiz two hours before the start of the event.
6. Attempts - in throwing events and horizontal jumps each competitor is entitled to four trials. If the total number of participants exceeds sixteen (16) athletes, it will be divided into two groups.
7. Starting Heights and Progressions.
 - a. Pole Vault – females 2.30m; males 3.00m. Progressions for both genders will be 10cm. until one competitor is left.
 - b. High Jump – females 1.35m; males 1.55m. Progressions for both will be 5cm. until one competitor is left.
8. Coaching Box:
 - a. the coaches have the right to be in the event area outside lane eight if space is available;
 - b. any person not eligible to be in the area will forfeit the coaches privilege. This is to help your athlete.
9. On Friday, March 16 there will be several events for Junior athletes from the club development system of the City of Carolina.

Revised: Monday, February 12, 2018 22:00hrs.