

Knights of Columbus
Morning Schedule 2019

8:30 am **High Jump**

10 yr old boys and girls and the 12 yr old boys and girls

8:30 am **Shot Put**

9-11 YR old Girls and Boys

Medal Presentation

8:45 am **Standing Long Jump**

8, 9, 11 YR old boys and Girls

9:00 am **High Jump**

9 yr old boys and girls and the 13/14 yr old boys and girls

Medal Presentation

9:15 am **Shot Put**

12-14 Boys and Girls

Medal Presentation

9:30 am **Standing Long Jump**

10, 12, 13 YR old boys and Girls

9:30 am **High Jump**

8 yr old boys and girls and the 11 yr old boys and girls

Medal Presentation

10:00 am 200 Meters (timed) Top 4 to Finals

11 girls 11 boys

10:10 am 300 Meters (timed) Top 4 to Finals

12 girls 12 boys
13 girls 13 boys

10:30 pm 4 X 1 Relays (timed) Top 4 to Finals

11 girls 11 boys
12 girls 12 boys
13 girls 13 boys

11:20 am Co-ed Relay (timed) Top 4 to Finals

11 yr olds 12 yr olds 13 yr olds
(Boys anchor)

11:45 am Girls 1000 Meters (Timed Final)

Open Girls

Medal Presentation

11:55 am Boys 1000 Meters (Timed Final)

Open Boys

Medal Presentation

12:10 pm 50 Meter Heats (Top 2 in each heat to Finals)

11 girls 11 boys
12 girls 12 boys
13 girls 13 boys

12:30 pm Lunch for Staff

Knights of Columbus
Afternoon Schedule 2019

1:30 pm **50 Meter Heats (Top 2 in each heat to Finals)**

10 girls	10 boys
9 girls	9 boys
8 girls	8 boys

2:10 pm **200 Meters (timed) Top 4 to Finals**

10 girls	10 boys
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2:30 pm **100 Meters (timed) Top 4 to Finals**

9 girls	9 boys
8 girls	8 boys

2:40 pm **4 X 1 Relays (timed) Top 4 to Finals**

10 girls	10 boys
9 girls	9 boys
8 girls	8 boys

3:15 pm **Co-ed Relay (timed) Top 4 to Finals**

10 YR olds 9 YR olds 8 YR olds
(Boys anchor)

Knights of Columbus Evening Schedule 2019

6:30 pm **Opening Ceremonies-** With special guest **Jill Officer-Olympic gold medallist**

6:45 pm **School Mascot Race**

6:45 pm **We Can Race**

6:50 pm **50 Meter Finals**

8 girls	8 boys
9 girls	9 boys
10 girls	10 boys
11 girls	11 boys
12 girls	12 boys
13/14 girls	13/14 boys

7:15 pm **200 Meter Finals**

11 girls	11 boys
10 girls	10 boys

7:25 pm **300 Meter Finals**

12 girls	12 boys
13/14 girls	13/14 boys

7:50 pm **100 Meter Finals**

9 girls	9 boys
8 girls	8 boys

8:00 pm Co-ed Relay Finals (Boys anchor)

10 girls	10 boys
9 girls	9 boys
8 girls	8 boys
11 girls	11 boys
12 girls	12 boys
13/14 girls	13/14 boys

8:30 pm 4x1 Relay Finals

8 girls	8 boys
9 girls	9 boys
10 girls	10 boys
11 girls	11 boys
12 girls	12 boys
13/14 girls	13/14 boys

Closing Ceremonies