

**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**