

Carolina GOLD Track Classic Schedule

9:00 AM	3000m Run
	80/100/100m Hurdles
	4x800m Relay
	4x100m Relay
	Coach/Parent Relay
	1500m Run
	100m Dash
	400m Dash
	200m/400m Hurdles
	800m Run
	200m Dash
	4x400m Relay

			9:00 AM	9:30 AM	10:00 AM	10:30 AM	11:00 AM	11:30 AM	Noon	12:30 PM	1:00 PM	1:30 PM	2:00 PM	2:30 PM	3:00 PM
Javelin	4 attempts	Infield			9-10 (G), 11-12 (G)		8U (G)		8U (B)	9-10 (B), 11-12 (B)			13-14 (B)		
		Outer				13-14 (G)		15-16 (G), 17-18(G)	15-16 (B), 17-18 (B)						
Shot	4 attempts		9-10 (G), 11-12 (G)		13-14 (G)		15-16 (G), 17-18 (G)		9-10 (B), 11-12 (B)	13-14 (B)	8U (G) & (B)	15-16 (B), 17-18 (B)			
Discus	4 attempts		9-10 (B), 11-12 (B)		13-14 (B)		15-16 (B), 17-18 (B)		9-10 (G), 11-12 (G)	13-14 (G)	15-16 (G), 17-18 (G)				
High Jump	3 attempts per height			15-16 (G), 17-18 (G)	15-16 (B), 17-18 (B)	9-10 (B), 11-12(B)	9-10, 11-12 (G)	13-14 (G)	13-14 (B)						
Long Jump	4 attempts	Pit 1 (Fence)		8U (B)	9-10 (B), 11-12 (B)	13-14 (B)	15-16 (B), 17-18 (B)								
		Pit 2 (Bleacher)	8U (G)	9-10 (G), 11-12(G)	13-14 (G)	15-16 (G), 17-18 (G)									
Triple Jump	4 attempts	Pit 2 (Bleacher)						13-14 (G) and 13-14 (B)			15-16 (G) 17-18 (G)	15-16 (B) 17-18 (B)			

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