



Lake Charles Ward 3 Recreation

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EVENT SCHEDULE

at LAKE CHARLES WARD 3 RECREATION LCB COUGAR STADIUM 1175 1st AVE, LAKE CHARLES, LA 70601

1st Call	Proj. Start Time	Divison	Event
7:40AM	7:50AM	11-14 GIRLS/BOYS	3200 METER RUN
FIELD EVENTS WILL BE OPEN FROM 8:00AM - NOON			
RUNNING EVENTS TAKE PRECEDENCE OVER FIELD EVENTS			
7:50AM	8:00AM - 12:00PM	7 & 8 GIRLS/BOYS	SOFTBALL THROW
7:50AM	8:00AM - 12:00PM	7 & 8 GIRLS/BOYS	STANDING LONG JUMP (PIT #2 - Southside)
7:50AM	8:00AM - 12:00PM	7 - 14 GIRLS/BOYS	TURBO JAV (7/8 300, 9/10 400, 11-14 500)
7:50AM	8:00AM - 12:00PM	9 - 14 GIRLS/BOYS	DISCUS (1K)
7:50AM	8:00AM - 12:00PM	9 - 14 GIRLS/BOYS	HIGH JUMP
7:50AM	8:00AM - 12:00PM	9 - 14 GIRLS/BOYS	SHOT PUT (6lb)
7:50AM	8:00AM - 9:00AM	7 - 10 GIRLS/BOYS ONLY	LONG JUMP (PIT #1 - Northside)
	9:00AM - 10:00AM	11 - 14 GIRLS/BOYS ONLY	LONG JUMP (PIT #1 - Northside)
	10:00AM - 12:00PM	OPEN ALL 7-14 GIRLS/BOYS	LONG JUMP (PIT #1 - Northside)
	12:00PM - 1:00PM	11 - 14 GIRLS/BOYS	TRIPLE JUMP (PIT #1 - Northside)
NOTE: 5 & 6 Division will complete their running events first, then their field events.			
7:45AM	8:00AM	5 & 6 GIRLS/BOYS	50 METER DASH
7:55AM	8:10AM	5 & 6 GIRLS/BOYS	400 METER RUN
8:05AM	8:20AM	5 & 6 GIRLS/BOYS	100 METER RUN
8:15AM	8:30AM	5 & 6 GIRLS/BOYS	30 METER DASH
8:25AM	8:40AM	5 & 6 GIRLS/BOYS	200 METER RUN
8:35AM	8:50AM	5 & 6 GIRLS/BOYS	200 METER RELAY
8:45AM	9:00AM	5 & 6 GIRLS/BOYS	SOFTBALL THROW
8:45AM	9:00AM	5 & 6 GIRLS/BOYS	STANDING LONG JUMP (PIT #2 - Southside)
8:45AM	9:00AM	7 & 8 GIRLS/BOYS	800 METER RELAY
9:00AM	9:15AM	9 & 10 GIRLS/BOYS	800 METER RELAY
9:15AM	9:30AM	11 & 12 GIRLS/BOYS	800 METER RELAY
9:30AM	9:45AM	13 & 14 GIRLS/BOYS	800 METER RELAY
15 MINUTE REST, REHYDRATE, RECOVER & REGROUP			
9:55AM	10:10AM	7 & 8 GIRLS/BOYS	50 METER DASH
10:05AM	10:20AM	9 & 10 GIRLS/BOYS	1600 METER RUN
	10:20AM	11 & 12 GIRLS/BOYS	1600 METER RUN
	10:20AM	13 & 14 GIRLS/BOYS	1600 METER RUN

10:15AM	10:30AM	9 & 10 GIRLS/BOYS	60 METER HURDLES (22" Lowest notch)
10:25AM	10:40AM	11 & 12 GIRLS/BOYS	60 METER HURDLES (24" Raise 1 notch)
10:35AM	10:50AM	13 & 14 GIRLS/BOYS	60 METER HURDLES (26" Raise 1 notch)
15 MINUTE REST, REHYDRATE, RECOVER & REGROUP			
11:00AM	11:15AM	7 & 8 GIRLS/BOYS	200 METER DASH
11:10AM	11:25AM	9 & 10 GIRLS/BOYS	200 METER DASH
11:20AM	11:35AM	11 & 12 GIRLS/BOYS	200 METER DASH
11:25AM	11:40AM	13 & 14 GIRLS/BOYS	200 METER DASH
11:30AM	11:45AM	7 & 8 GIRLS/BOYS	800 METER RUN
11:35AM	11:50AM	9 & 10 GIRLS/BOYS	800 METER RUN
11:40AM	11:55AM	11 & 12 GIRLS/BOYS	800 METER RUN
11:45AM	12:00PM	13 & 14 GIRLS/BOYS	800 METER RUN
11:50AM	12:05PM	7-14 GIRLS/BOYS	"I WANNA RUN TOO!" 100M DASH
15 MINUTE REST, REHYDRATE, RECOVER & REGROUP			
12:15PM	12:30PM	7 & 8 GIRLS/BOYS	400 METER RELAY
12:25PM	12:40PM	9 & 10 GIRLS/BOYS	400 METER RELAY
12:35PM	12:50PM	11 & 12 GIRLS/BOYS	400 METER RELAY
12:45PM	1:00PM	13 & 14 GIRLS/BOYS	400 METER RELAY
12:50PM	1:05PM	7 & 8 GIRLS/BOYS	400 METER RUN
12:55PM	1:10PM	9 & 10 GIRLS/BOYS	400 METER RUN
1:00PM	1:15PM	11 & 12 GIRLS/BOYS	400 METER RUN
1:05PM	1:20PM	13 & 14 GIRLS/BOYS	400 METER RUN
15 MINUTE REST, REHYDRATE, RECOVER & REGROUP			
1:25PM	1:40PM	7 & 8 GIRLS/BOYS	100 METER DASH
1:35PM	1:50PM	9 & 10 GIRLS/BOYS	100 METER DASH
1:45PM	2:00PM	11 & 12 GIRLS/BOYS	100 METER DASH
1:55PM	2:10PM	13 & 14 GIRLS/BOYS	100 METER DASH
2:00PM	2:15PM	9 & 10 GIRLS/BOYS	600 METER RUN
2:10PM	2:25PM	11 & 12 GIRLS/BOYS	1600 METER RELAY
2:20PM	2:35PM	13 & 14 GIRLS/BOYS	1600 METER RELAY
2:45PM	COACHES/STAFF	400 METER RELAY	
2:55PM	COACHES/STAFF	100 METER DASH	
3:00PM	TROPHY PRESENTATION		