Lake Charles Ward 3 Recreation

www.lcward3recreation.com

EVENT SCHEDULE

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 - 11:30AM****			
RUNNING EVENTS TAKE PRECEDENCE OVER FIELD EVENTS			
7:50AM	8:00AM - 11:30AM	7 & 8 GIRLS/BOYS	SOFTBALL THROW
7:50AM	8:00AM - 11:30AM	7 & 8 GIRLS/BOYS	STANDING LONG JUMP
7:50AM	8:00AM - 11:30AM	7 - 14 GIRLS/BOYS	JAV (7/8 300, 9/10 400, 11-14 500)
7:50AM	8:00AM - 11:30AM	9 - 14 GIRLS/BOYS	DISCUS (1K)
7:50AM	8:00AM - 11:30AM	9 - 14 GIRLS/BOYS	HIGH JUMP
7:50AM	8:00AM - 11:30AM	9 - 14 GIRLS/BOYS	SHOT PUT (6lb)
7:50AM	8:00AM - 11:30AM	7 - 14 BOYS	BOYS LONG JUMP & TRIPLE JUMP
7:50AM	8:00AM - 11:30AM	7 - 14 GIRLS	GIRLS LONG JUMP & TRIPLE JUMP
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**
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
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 BREAK REST, REHYDRATE, RECOVER & REGROUP			
11:00AM	11:00AM	7 & 8 GIRLS/BOYS	200 METER DASH
11:10AM	11:10AM	9 & 10 GIRLS/BOYS	200 METER DASH
11:20AM	11:20AM	11 & 12 GIRLS/BOYS	200 METER DASH
11:25AM	11:30AM	13 & 14 GIRLS/BOYS	200 METER DASH
11:30AM	11:40AM	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
15 MINUTE BREAK 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
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