



Age Group Breakdown

Baby Events

- **Baby Crawl** | 9:30 a.m.

1-2 Years Old Events

- **Tot Trot** | Morning order of young kid events
- **Bean Bag Toss** | Morning order of young kid events

3-4 Years Old Events

- **20M** | Morning order of young kid events
- **Bean Bag Toss** | Morning order of young kid events

5-6 Year Old Events

- **Jump Rope** | Open 9:30 a.m. - 11 p.m.
- **Softball Throw** | Open 9:30 - 11 a.m.
- **Obstacle Course** | Open 1 - 3 p.m.
- **50M Run** | Order of afternoon track events
- **Long Jump** | Open 2:30 - 4 p.m.

7-9 Year Old Events

- **Jump Rope & Fitness Circuit** | Open 9:30 - 11 a.m.
- **Softball Throw** | Open 9:30 - 11 a.m.
- **Lacrosse Speed Shot** | Open 9:30 - 11 a.m.
- **50M Run** | Order of afternoon track events
- **Obstacle Course** | Open 1 - 3 p.m.
- **Long Jump** | Open 2:30 - 4 p.m.
- **Team Tug-of-War** | After other events conclude

10-12 Year Old Events

- **Lacrosse Speed Shot** | Open 9:30 - 11 a.m.
- **3-Point Basketball Shot** | Open 9:30 - 11 a.m.
- **Softball Throw** | Open 11 a.m. - 12:30 p.m.
- **Fitness Circuit** | Open 11 a.m. - 12:30 p.m.
- **50M Run** | Order of afternoon track events
- **Obstacle Course** | Open 1 - 3 p.m.
- **Long Jump** | Open 2:30 - 4 p.m.
- **Team Tug-of-War** | After other events conclude

13-15 Year Old Events

- **400M Run** | Order of morning track events
- **Lacrosse Speed Shot** | Open 9:30 - 11 a.m.
- **3-Point Basketball Shot** | Open 9:30 - 11 a.m.
- **Fitness Circuit** | Open 11 a.m. - 12:30 p.m.
- **1 Mile Run** | Order of morning track events
- **100M Run** | Order of afternoon track events
- **Softball Throw** | Open 1 - 2:30 p.m.
- **Long Jump** | Open 1 - 3 p.m.
- **Team Tug-of-War** | After other events conclude

16-18 Year Old Events

- **Pre/Post Natal** | Order of morning track events
- **400M Run** | Order of morning track events
- **Archery** | Open 9:30 - 11 a.m.
- **3-Point Basketball Shot** | Open 11 a.m. - 12:30 p.m.
- **Lacrosse Speed Shot** | Open 11 a.m. - 12:30 p.m.
- **1 Mile Run** | Order of morning track events
- **100M Run** | Order of afternoon track events
- **Softball Throw** | Open 1 - 2:30 p.m.
- **Long Jump** | Open 1 - 2:30 p.m.
- **Team Tug-of-War** | After other events conclude

19-24 Year Old Events

- **Pre/Post Natal** | Order of morning track events
- **400M Run** | Order of morning track events
- **Archery** | Open 9:30 - 11 a.m.
- **Long Jump** | Open 9:30 - 11 a.m.
- **Lacrosse Speed Shot** | Open 11 a.m. - 12:30 p.m.
- **1 Mile Run** | Order of morning track events
- **100M Run** | Order of afternoon track events
- **3-Point Basketball Shot** | Open 1 - 2:30 p.m.
- **Softball Throw** | Open 2:30 - 4 p.m.
- **Team Tug-of-War** | After other events conclude

Age Group Breakdown



25 - 32 Years Old Events

- **Pre/Post Natal** | *Order of morning track events*
- **400M Run** | *Order of morning track events*
- **Long Jump** | *Open 9:30 - 11 a.m.*
- **1 Mile Run** | *Order of morning track events*
- **100M Run** | *Order of afternoon track events*
- **Archery** | *Open 11 a.m. - 12:30 p.m.*
- **Lacrosse Speed Shot** | *Open 11 a.m. - 12:30 p.m.*
- **3-Point Basketball Shot** | *Open 1 - 2:30 p.m.*
- **Softball Throw** | *Open 2:30 - 4 p.m.*
- **Team Tug-of-War** | *After other events conclude*

33 - 40 Years Old Events

- **Pre/Post Natal** | *Order of morning track events*
- **400M Run** | *Order of morning track events*
- **Long Jump** | *Open 9:30 - 11 a.m.*
- **Archery** | *Open 11 a.m. - 12:30 p.m.*
- **1 Mile Run** | *Order of morning track events*
- **100M Run** | *Order of afternoon track events*
- **Lacrosse Speed Shot** | *Open 1 - 2:30 p.m.*
- **Softball Throw** | *Open 2:30 - 4 p.m.*
- **3-Point Basketball Shot** | *Open at 2:30 - 4 p.m.*
- **Team Tug-of-War** | *After other events conclude*

41 - 54 Years Old Events

- **400M Walk** | *Order of morning track events*
- **Pre/Post Natal** | *Order of morning track events*
- **400M Run** | *Order of morning track events*
- **Softball Throw** | *Open 9:30 - 11 a.m.*
- **Long Jump** | *Open 11 a.m. - 12:30 p.m.*
- **1 Mile Run** | *Order of morning track events*
- **100M Run** | *Order of afternoon track events*
- **Lacrosse Speed Shot** | *Open 1 - 2:30 p.m.*
- **Bean Bag Toss** | *Open 1 - 3 p.m.*
- **Archery** | *Open 1 - 3 p.m.*
- **3-Point Basketball Shot** | *Open at 2:30 - 4 p.m.*
- **Team Tug-of-War** | *After other events conclude*



55 - 64 Years Old Events

- **400M Walk** | *Order of morning track events*
- **400M Run** | *Order of morning track events*
- **Free Throw Basketball Shot** | *Open 11 a.m. - 12:30 p.m.*
- **Softball Throw** | *Open 11 a.m. - 12:30 p.m.*
- **Long Jump** | *Open 11 a.m. - 12:30 p.m.*
- **1 Mile Run** | *Order of morning track events*
- **50M Run** | *Order of afternoon track events*
- **Lacrosse Speed Shot** | *Open 1 - 2:30 p.m.*
- **Bean Bag Toss** | *Open 1 - 3 p.m.*
- **Archery** | *Open 1 - 3 p.m.*
- **Team Tug-of-War** | *After other events conclude*

65+ Years Old Events

- **400M Walk** | *Order of morning track events*
- **400M Run** | *Order of morning track events*
- **Free Throw Basketball Shot** | *Open 11 a.m. - 12:30 p.m.*
- **Softball Throw** | *Open 11 a.m. - 12:30 p.m.*
- **Long Jump** | *Open 11 a.m. - 12:30 p.m.*
- **1 Mile Run** | *Order of morning track events*
- **50M Run** | *Order of afternoon track events*
- **Bean Bag Toss** | *Open 1 - 3 p.m.*
- **Archery** | *Open 1 - 3 p.m.*
- **Team Tug-of-War** | *After other events conclude*