

21st Annual Michigan Indian Family Olympics

Event Times

ATTENTION: PLEASE READ

These are approximate times. Athletes need to be ready and in the designated area by this time. They need to listen to the announcer for the first and second calls so they will not miss the race. No race will be re-run unless otherwise announced by the Family Olympics Committee. Coordinators from each Tribal community and parents are responsible for their athletes. The exact times of the races and field events will depend on the number of heats per races or participants per field event.

*****LIMIT 4 EVENTS PER PARTICIPANT *****

These times are approximate—they may run later than scheduled.

Two new events: “Fitness Circuit” and Long Bow Archery

Age Groups: Baby, 1-2, 3-4, 5-6, 7-9, 10-12, 13-15, 16-18, 19-24, 25-32, 33-40, 41-54, 55-64, 65-Up

7: 00 AM		Registration starts at 7:00 AM	
9:00 AM		OPENING CERMONIES	
9:30 AM		400M Walk & Pre/Post Natal Walk	Baby Crawl
9:45 AM	Fitness Circuit/Jump Rope	(55-64, 65 & Up & All pre/post natal)	Tot Trot (1-2)
10:30 AM	(7-9, 10-12, 13-15) / (5-6)	400 M Run	20 M (3-4)
		(13-15,16-18, 19-24, 25-32, 33-40, 41-54, 55-64, 65-Up)	Bean Bag Toss (4 & Under)
10:45 AM		800 M Walk & 1 Mile Run – Outside	Long Bow Archery Begins
		(13-15,16-18, 19-24, 25-32, 33-40, 41-54, 55-64, 65-Up)	(16-18, 19-24,25-32,33-40,41-54,55-64,65-Up)
11:00 AM		50 Meter Run – Infield of Track	Running Long Jump
		(5-6, 7-9, 10-12, 55-64, 65-Up)	(65-Up, 55-64,41-54, 33-40, 25-32, 19-24,16-18,13-15)
11:30 AM	LUNCH STARTS		LUNCH STARTS
12:30 AM	Softball Throws Begin		
	(13 & Up inside Track & 12 & Under on the outside)		
1:00 PM		100 Meter Run	
		(13-15,16-18, 19-24, 25-32, 33-40, 41-54)	
1:30 PM			Running Long Jump
			(5-6,7-9, 10-12)
2:00 PM			
2:30 PM		6 Person - 800 Meter Team Relay	
3:00 PM			
3:15 PM		Team Sponge Relay	
		Team Tug-O-War	
4:00 PM			