

23rd 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.

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

New Event: 6 Man Relay

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			Running Long Jump
			(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		50 Meter Run – Infield of Track	
		(5-6, 7-9, 10-12, 55-64, 65-Up)	
1:30 PM			Running Long Jump
			(5-6,7-9, 10-12)
2:00 PM		100 Meter Run	
		(13-15,16-18, 19-24, 25-32, 33-40, 41-54)	
2:30 PM			
3:00 PM		6 Person - Team Relay	
3:15 PM		Team Sponge Relay	
		Team Tug-O-War	
4:00 PM			