

# *24<sup>th</sup> 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. Please 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.**

**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**

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