Special Olympics Oklahoma

2019 Track & Field Schedule

Athletes should report to Staging 45 minutes prior to the scheduled start time listed below for their event.

COACHES - If you have an issue with a T&F event, go to the Track Rules Table 1 hour before staging time for that event

Special Olympics Oklahoma

START TIME																		
WEDNESDAY	**25M Walk**	**100M Walk**	**400M Walk**	**25M WC**	**30M WC Slalom**	**100M WC**	**50M Run**	**100M Run**	**200M Run**	**400M Run**	**TJav**	**4x100M Relay**	**RLJ**	**HJ**	**SLJ**	**1500M Run**	**800M**	**Shot Put**
Noon						All Ages					8 - 15						All Ages	
12:30	Partner			16+ EL														
1:00				8-15 EL							16 - 29							
1:30				16+ M														
2:00				8-15 M							30+							
2:30												ALL						
3:30										PENT								
3:45			All Ages							All Ages								
THURSDAY											**SBT**							
8:30	16-21										8-11		12-15		12-15			
9:15	22+																	Pent / WC
9:30	8-15												22-29		22-29			
10:15													PENT	All Ages				22+
10:30							16-21				12-15			**PENT**				
11:00																		
11:30							30+											8-21
Noon													16-21		16-21			
12:30							8-11											
1:30													8-11		8-11			
1:45							22-29				16-21							
2:30							12-15											
3:15													30+		30+			
3:45					All Man													
4:00					All Elec													
FRIDAY																		
8:30	**Closing**	**~**	**Closing**	**~**	**Closing**		**~**	**Closing**	**~**	**Closing**	**~**	**Closing**	**~**	**Closing**	**~**	**Closing**	**~**	**Closing**
9:00		8-21						8-11			22+					All Ages		
9:15		22+						PENT										
10:00								12-15										
10:30								16-21										
11:30								22+	All Ages									