

ATHLETICS SCHEDULE (5/5/17)

PENTATHLON - Bennett Track

FRIDAY

9:30 a.m.	100 M Dash	8-99; M/F
1:00 p.m.	Shot Put	8-99; M/F

SATURDAY

8:30 a.m.	High Jump (IAC Track)	8-99; M/F
11:00 a.m.	400 M Dash	8-99; M/F
1:00 p.m.	Running Long Jump	8-99; M/F

RUNNING LONG JUMP - Bennett Track

SATURDAY

9:00 a.m.		16-21; M
9:45 a.m.		16-21; F
10:30 a.m.		12-15; F/M
1:00 p.m.	Pentathlon	8-99; M/F
1:30 p.m.		22-99; M/F
2:30 p.m.		8-11; M/F

HIGH JUMP – IAC- Indoor Track

SATURDAY

8:30 a.m.	Pentathlon	8-99; M/F
-----------	------------	-----------

SHOT PUT - South Bennett Track (outside of Track)

FRIDAY

9:00 a.m.		8-15; M/F
9:45 a.m.		16-21; M/F
10:30 a.m.		22-29; F/M
1:00 p.m.	Pentathlon	8-99; M/F
1:30 p.m.		30-99; M/F
2:15 p.m.	Wheelchair	8-99; M/F

SOFTBALL THROW – South Rose Tennis Courts

FRIDAY

8:30 a.m.		22-29; F
9:30 a.m.		30-99; F
10:30 a.m.		12-15; F
1:00 p.m.		22-29; M
2:00 p.m.		30-99; M

SOFTBALL THROW – South Rose Tennis Courts

SATURDAY

8:30 a.m.		8-11; M/F
10:30 a.m.		12-15; M
1:00 p.m.		16-21; M
2:00 p.m.		16-21; F

STANDING LONG JUMP – Margo Jonker Stadium

FRIDAY

8:30 a.m.	22-29; M
10:00 a.m.	30-99; F
1:00 p.m.	12-15; M
2:00 p.m.	12-15; F
3:15 p.m.	22-29; F

SATURDAY

8:30 a.m.	30-99; M
9:15 a.m.	16-21; M
10:30 a.m.	16-21; F
11:30 a.m.	8-11; M/F

TRACK/RUNNING EVENTS – Bennett Track

FRIDAY

8:00 a.m.	1500 M Run	8-99; M/F
8:55 a.m.	200M Dash	30+; M/F
9:15 a.m.	100 M Dash, Pentathlon	8-99; M/F
9:40 a.m.	50 M Dash	8-11; M/F
10:00 a.m.	50 M Dash	22-29; M/F
10:45 a.m.	400 M Dash	8-99; M/F
1:00 p.m.	50 M Dash	30-99; M/F
1:30 p.m.	100 M Dash	8-11; M/F
1:55 p.m.	100 M Dash	30-99; M/F
2:30 p.m.	50 M Dash	16-21; M/F
3:15 p.m.	50 M Dash	12-15; M/F

SATURDAY

8:00 a.m.	5000 M Run	8-99; M/F
8:45 a.m.	200 M Dash	16-21; M/F
9:35 a.m.	200 M Dash	8-15; M/F
9:55 a.m.	100 M Dash	16-21; M/F
11:05 a.m.	400 M Dash, Pentathlon	8-99; M/F
1:00 p.m.	100 M Dash	22-29; M/F
2:15 p.m.	800 M Dash	8-99; M/F
2:40 p.m.	100 M Dash	12-15; M/F
3:10 p.m.	200 M Dash	22-29; M/F
3:30 p.m.	Relays	8-99; M/F

MINI JAV – South Bennett Track

FRIDAY

9:00 a.m.	8-15; F
9:30 a.m.	16-99; F
1:00 p.m.	8-15; M
2:00 p.m.	16-99; M

*Spectators are not allowed on the track. Some events could become "Open Divisions", meaning both male and female and all age groups competing together.

DEVELOPMENTAL ATHLETICS SCHEDULE

SAC – Small Sports Forum – Friday ONLY

FRIDAY

9:00 a.m.	10 M Assisted Walk	8-99; M/F
9:20 a.m.	25 M Assisted Walk	8-99; M/F
9:40 a.m.	25 M Unassisted Walk	8-99; M/F
10:00 a.m.	50 M Unassisted Walk	8-99; M/F
1:00 p.m.	Ball Throw	8-99; M/F
2:00 p.m.	Frisbee Distance	8-99; M/F

WALKING & WHEELCHAIR SCHEDULE (5/5/17)

IAC – Indoor Track (Spectators are not allowed on track)

FRIDAY

8:30 a.m.	400 M Walk	8-29; M/F
9:30 a.m.	400 M Walk	30-99; M/F
10:00 a.m.	800 M Walk	8-99; M/F
1:00 p.m.	25 M Non Motor Wheelchair	8-99; M/F
1:15 p.m.	30 M Non Motor Wheelchair (Slalom)	8-99; M/F
1:30 p.m.	30 M Motor Wheelchair (Slalom)	8-99; M/F
1:45 p.m.	50 M Motor Wheelchair (Slalom)	8-99; M/F
2:00 p.m.	50 M Non Motor Wheelchair (Slalom)	8-99; M/F
2:30 p.m.	25 M Motor Wheelchair Obstacle	8-99; M/F

SATURDAY

8:00 a.m.	100 M Walk	8-21; M/F
8:30 a.m.	100 M Walk	22-29; M/F
9:30 a.m.	100 M Walk	30-99; M/F
10:45 a.m.	200 M Walk	8-99; M/F

MATP SCHEDULE

Rose 125/126

FRIDAY

12:30 p.m.	Athlete Registration (Rose 125/126) Check-In/Opening Ceremonies	
1:00 p.m.	Land Events (Rose 125/126) Closing Ceremonies	8-99; M/F

* Opening Ceremonies for all MATP athletes will be at 12:30 p.m. at Rose 125/126. Volunteers meet at 12:15 p.m.

BOCCE SCHEDULE

Soccer Stadium

FRIDAY

8:00 a.m. – 4:00 p.m.	Singles	8-99; M/F
	Modified Singles	8-99; M/F

SATURDAY

8:00 a.m. – 4:00 p.m.	Doubles	8-99; M/F
	Modified Doubles	8-99; M/F

* See athlete wristbands for time and court #, coaches need to report to the registration desk 20 minutes before start time. Events may start early. Parents check at event site for specific times for your athlete's event.

BOWLING SCHEDULE (5/8/17)

Student Activity Center

FRIDAY

7:45 a.m.	Singles *	16-21; F
9:15 a.m.	Singles *	8-15; M/F
10:45 a.m.	Singles *	22-29; F
1:30 p.m.	Singles Ramp *	all; M/F

Riverwood

FRIDAY

7:45 a.m.	Singles * Heats 1-8	22-29; M
8:45 a.m.	Singles * Heats 9+	22-29; M
9:45 a.m.	Singles * All Heats	16-21; M
11:00 a.m.	Singles * All Heats	30-99; F
1:30 p.m.	Singles * Heats 1-8	30-99; M
2:00 p.m.	Singles * Heats 9-16	30-99; M
3:00 p.m.	Singles * Heats 17+	30-99; M

Student Activity Center

SATURDAY

7:45 a.m.	Doubles*	16-21; F
9:30 a.m.	Doubles*	8-15; M
10:30 a.m.	Doubles*	22-29; F
1:00 p.m.	Doubles Ramp *	8-99; M/F

Riverwood

SATURDAY

8:00 a.m.	Doubles * Heats 1-4	22-29; M
9:00 a.m.	Doubles * Heats 5+	22-29; M
10:00 a.m.	Doubles * Heats 1-8	30-99; M
11:00 a.m.	Doubles * Heats 9+	30-99; M
1:00 p.m.	Doubles* All Heats	30-99; F
2:00 p.m.	Doubles * All Heats	16-21; M

***See athlete wristband for time, location and lane assignment.**

ARTISTIC GYMNASTIC SCHEDULE

Rose Gymnastics Center (5/5/17)

FRIDAY

9:30 a.m.	Rotation I Vault A, B, I Floor Exercise I Balance Beam II, III, IV Tumbling; A, B Floor Exercise; A, B Wide Beam A, B	all; M/F all; M/F all; F all; M/F all; M/F all; M/F
10:30 a.m.	Rotation II Floor Exercise II, III, IV	all; M/F
1:00 p.m.	Rotation III Uneven Bars; all levels Pommel Horse; all levels Parallel Bars; all levels Single Bar	all; F all; M all; M all; M/F
1:30 p.m.	Rotation IV Vault II, III, IV Balance Beam I	all; M/F all; F

RYTHMIC GYMNASTIC SCHEDULE

Rose Gymnastics Center

FRIDAY

1:00 p.m.	Rope - Level I, III, A, B, C Hoop – Level I, II, IV, A, B, C	8-99; M/F 8-99; M/F
-----------	---	------------------------

SATURDAY

8:30 a.m.	Ball Level I, II, III, IV, A, B, C	8-99; M/F
10:00 a.m.	Clubs Level II, III, IV, B	8-99; M/F
10:30 a.m.	Ribbon Level I, II, III, IV, A, B, C	8-99; M/F

Awards for all-around will be awarded after all the events are completed

HORSESHOES SCHEDULE

South of Rose Tennis Courts

FRIDAY

8:30 a.m.	Singles	8-99; M
10:30 a.m.	Singles Modified	8-99; M/F
11:00 a.m.	Singles	8-99; F
1:00 p.m.	Doubles	8-99; M
3:00 p.m.	Doubles Modified	8-99; M/F
3:15 p.m.	Doubles	8-99; F

Modified throws from 20' line and 17' Foul line
All others will throw from 30' line and 27' Foul line

It is at the Game Committee Members discretion to move athletes from Modified to Regular Horseshoes if they deem them qualified for the regular event.

POWERLIFTING SCHEDULE

SAC – MAC II FRIDAY ONLY

FRIDAY

7:30 a.m.	Coaches Meeting & Weigh In	MAC II
8:00 a.m.	Open Squat	16-99; M/F
10:00 a.m.	Open Bench	16-99; M/F
12:30 – 1:30 p.m.	Lunch	
1:30 p.m.	Open Dead Lift	16-99; M/F

Awards for combination results will be awarded after all events are completed.

WEIGHTLIFTING SCHEDULE

SAC – MAC I - FRIDAY

FRIDAY

9:00 a.m.	Push-Ups	8-99; M/F
-----------	----------	-----------

10:00 a.m.	Sit-Ups	8-99; M/F
2:00 p.m.	Bench Press	8-99; M/F
3:00 p.m.	Exercycle	8-99; M/F

VOLLEYBALL SCHEDULE

SAC – Large Sports Forum

THURSDAY

4:00 p.m. Coaches Meeting –Large Sports Forum

FRIDAY

8:30 a.m. Divisional Games Begin

SATURDAY

8:30 a.m. Competition Games Continue

Awards Ceremony will take place as the divisions are completed

SWIMMING SCHEDULE

SAC Pool

All athletes must be report 15 minutes prior to start time for staging and potential start

FRIDAY

8:00 a.m.	25 Y Freestyle	16-21; F/M
8:45 a.m.	25 Y Freestyle	30-99; M/F
9:30 a.m.	25 Y Freestyle	8-11; M/F
9:50 a.m.	50 Y Butterfly	8-99; M/F
10:00 a.m.	200 Y Freestyle	8-99; M/F
10:40 a.m.	4 x 25 Y Freestyle Relay	8-99; M/F

11:00 a.m.	4 x 50 Y Freestyle Relay	8-99; M/F
12:45 p.m.	50 Y Backstroke	8-21; M/F
1:15 p.m.	50 Y Backstroke	22-99; M/F
1:45 p.m.	25 Y Butterfly	8-99; M/F
2:00 p.m.	25 Y Breaststroke	8-99; M/F
2:30 p.m.	100 Y Individual Medley	8-99; M/F
2:45 p.m.	25 Y Freestyle	22-29; M/F
3:00 p.m.	25 Y Freestyle	12-15; M/F
3:15 p.m.	400 Y Freestyle	8-99; M/F

SATURDAY

8:00 a.m.	100 Y Backstroke	8-99; M/F
8:30 a.m.	50 Y Freestyle	16-21; F
8:50 a.m.	50 Y Freestyle	16-21; M
9:15 a.m.	50 Y Freestyle	30-99; F
9:35 a.m.	50 Y Freestyle	30-99; M
10:00 a.m.	50 Y Freestyle	8-15; F
10:15 a.m.	50 Y Freestyle	8-15; M
10:45 a.m.	50 Y Freestyle	22-29; F
11:10 a.m.	50 Y Freestyle	22-29; M
1:00 p.m.	100 Y Freestyle	8-99; F
1:20 p.m.	100 Y Freestyle	8-99; M
1:45 p.m.	25 Y Backstroke	16-21; M/F
2:00 p.m.	25 Y Backstroke	30-99; M/F
2:20 p.m.	25 Y Backstroke	8-15; M/F
2:30 p.m.	25 Y Backstroke	22-29; M/F
2:50 p.m.	50 Y Breaststroke	8-99; M/F

FRIDAY – DEVELOPMENTAL SWIM - SAC Pool

4:00 to 6:00 p.m.	10 Y Assisted Swim	8-99; M/F
	15 Y Floatation	8-99; M/F
	15 Y Assisted Swim	8-99; M/F
	25 Y Back Floatation	8-99; M/F
	25 Y Assisted Swim	8-99; M/F
	25 Y Free Floatation	8-99; M/F

Some events could become "Open Divisions", meaning both male and female and all age groups competing together.