



**February 16th 2019 @ Jamaica National Stadium**

Time	Events
	<b>Track Events</b>
8:15am - 8:25am	Girls 9 -18 1500 Meter Run Open
8:25am - 8:35am	Boys 9 -18 1500 Meter Run Open
8:40am - 8:50am	Girls 10-18 400 Meter Hurdles H. S. Open
8:50am - 9:00am	Boys 10-18 400 Meter Hurdles HS Open
9:00am - 9:10am	Women 20-99 400 Meter Hurdles Open
9:10am - 9:20am	Men 20-99 400 Meter Hurdles Open
9:25am - 9:45am	Women 10-99 Steeplechase Open
9:48am - 10:25am	Men 10-99 Steeplechase Open
10:30am - 10:40am	Girls 13-14 400 Meter Run Class 3
10:40am - 10:55am	Boys 12-13 400 Meter Run Class 3
10:55am - 11:05am	Girls 15-16 400 Meter Run Class 2
11:05am - 11:20am	Boys 14-15 400 Meter Run Class 2
11:20am - 11:35am	Girls 16-18 400 Meter Run Class 1
11:35am - 11:55am	Boys 16-18 400 Meter Run Class 1
11:55am - 12:00 noon	Women 20-99 400 Meter Run Invitational
12:00pm - 12:15pm	Men 20-99 400 Meter Run Invitational
12:20pm - 12:30pm	Girls 9-12 70 Meter Hurdles Class 4
12:30pm - 12:40pm	Girls 13-14 80 Meter Hurdles Class 3
12:40pm - 12:50pm	Girls 15-16 100 Meter Hurdles Class 2
12:50pm - 12:55pm	Girls 16-18 100 Meter Hurdles class 1
1:00pm - 1:10pm	Boys 12-13 100 Meter Hurdles Class 3
1:10pm - 1:20pm	Boys 14-15 110 Meter Hurdles Class 2
1:22pm - 1:35pm	Boys 16-18 110 Meter Hurdles Class 1
<b>1:45pm - 2:05pm</b>	<b>Opening Ceremony</b>

2:05pm - 2:20pm	Girls 16-18 200 Meter Class 1
2:20pm - 2:50pm	Boys 16-18 200 Meter Class 1
2:50pm - 3:10pm	Girls 15-16 200 Meter Class 2
3:10pm - 3:30pm	Boys 14-15 200 Meter Class 2
3:30pm - 3:50pm	Girls 13-14 200 Meter Class 3
3:50pm - 4:15pm	Boys 12-13 200 Meter Class 3
4:15pm - 4:35pm	Girls 9-12 200 Meter Class 4
4:40pm - 4:45pm	Primary Girls Open 4x100m Relay Invitational
4:45pm - 4:50pm	Primary Boys Open 4x100m Relay Invitational
4:50pm - 4:55pm	Prep. Girls Open 4x100m Relay Invitational
4:55pm - 5:00pm	Prep. Boys Open 4x100m Relay Invitational
5:05pm - 5:15pm	Girls Open 4x400 Meter Relay Invitational
5:15pm - 5:30pm	Boys Open 4x400 Meter Relay Invitational
	<b>Field Events</b>
9:00am - 11:00am	Boys 14-15 Long Jump class 2
9:00am - 11:00am	Boys 12-13 Long Jump class 3
9:00am - 11:00am	Girls 15-16 Shot Put class 2
9:00am - 11:00am	Girls 9-12 High Jump class 4
9:00am - 11:00am	Girls 13-14 High Jump class 3
9:00am - 11:00am	Boys 12-13 Discus class 3
11:00am - 1:00pm	Boys 16-18 Discus class 1
11:00am - 1:00pm	Girls 17-18 Long Jump class 1
11:00am - 1:00pm	Girls 15-16 Long Jump class 2
11:00am - 1:00pm	Girls 13-14 High Jump class 2
11:00am - 1:00pm	Girls 17-18 Discus class 1
11:00am - 1:00pm	Women 19-99 Discus Open
11:00am - 1:00pm	Men 19-99 Discus Open
11:00am - 1:00pm	Boys 14-15 Shot Put class 2
1:00pm - 3:30pm	Boys 16-18 Long Jump class 1
1:00pm - 3:30pm	Girls 9-12 Long Jump class 4
1:00pm - 3:30pm	Girls 13-14 Long Jump class 3
1:00pm - 3:30pm	Girls 9-18 Javelin Throw Open
1:00pm - 3:30pm	Boys 9-18 Javelin Throw Open

3:30pm - 5:30pm	Boys 14-15 High Jump class 2	
3:30pm - 5:30pm	Girls 17-18 High Jump class 1	
3:30pm - 5:30pm	Boys 16-18 High Jump class 1	
3:30pm - 5:30pm	Girls 15-16 Discus class 2	
3:30pm - 5:30pm	Boys 14-15 Discus Class 2	
3:30pm - 5:30pm	Girls 17-18 Shot Put class 1	
3:30pm - 5:30pm	Boys 16-18 Shot Put class 1	
3:30pm - 5:30pm	Women 19-99 Shotput Open	
3:30pm - 5:30pm	Men 19-99 Shotput Open	



