



**FINAL SCHEDULE**  
**AAU Midwest Invitational**  
February 17, 2019

All Running events will start at the designated time listed. Listen to announcements and check-in to the designated check-in area for your event at least 30 minutes early. Any athlete that does not check-in before their schedule heat is run will be scratched from the event.

**This is a rolling schedule**

- 7:00 AM** Track Venue open to Teams for warm-up  
**7:30 AM** Coaches Meeting  
**8:00 AM** Track Venue open to Spectators
- 10:00 AM** 4 x 200 Meter Relay - **TIMED FINAL - Starting with 7-8 year old Girls - 17/18 year old**  
60 Meter Hurdles - **SF - Starting with 11 Year Old Girls - 17/18 year old**  
60 Meter Dash - **SF - Starting with 7-8 year Old Girls - 17/18 year old**  
4 x 800 Meter Relay - **FINAL - Starting with 7-8 year old Girls - 17/18 year old**  
60 Meter Hurdles - **FINAL - Starting with 11 Year Old Girls - 17/18 year old**  
60 Meter Dash - **FINAL - Starting with 7-8 year Old Girls - 17/18 year old**  
1600 Run - **FINAL - Starting with 7-8 Year Old Girls - 17/18 year old** - Age Groups may be combined by gender  
400 Meter Dash - **FINAL - Starting with 7-8 year old Girls - 17/18 year old**  
800 Meter Run - **FINAL - Starting with 7-8 year old Girls - 17/18 year old**  
200 Meter Dash - **FINAL - Starting with 7-8 year old Girls - 17/18 year old**  
3200 Meter Run - **FINAL - Starting with 11 Year Olds - 17/18 year old** - Age Groups may be combined by gender  
4 x 400 Meter Relay - **FINAL - Starting with 7-8 year old Girls - 17/18 year old**

- **NOTE: If there are not enough runners in Semi-Final, event will be run as a Final at that time.**
- **NOTE: Some distance races may be combined by gender due to the number of participants.**



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All Field Events will follow schedule below. Listen to announcements for calls to your Field Event. Any athlete who does not check-in before their designated flight starts will be scratched from the event. Field Event athletes who have a conflict with a running event will be released by the **Field Event official - ONLY** - at the appropriate time. **Field Event athletes will have 10 minutes to report back to their Field Event after their running event** and be ready to compete.

Long Jump, Shot Put will be contested with three jumps or throws as finals.

**This is a rolling schedule**

Time	Long Jump	High Jump	Shot Put	Pole Vault
9:00 am	7-8 G/7-8 B	17-18 G/17-18 B	12 G/12 B	GIRLS Only
	9 G/9 B	15-16 G/15-16 B	11 G/11 B	13 G
	10 G/10 B	14 G/14 B	10 G/10 B	14 G
	11 G/11 B	13 G/13 B	9 G/9 B	15-16 G
	12 G/12 B	12 G/12 B	7-8 G/7-8 B	17-18 G
	13 G/13 B	11 G/11 B	13 G/13 B	BOYS Only
	14 G/14 B	10 G/10 B	14 G/14 B	13 G
	15-16 G/15-16 B	9 G/9 B	15-16 G/15-16 B	14 G
	17-18 G/17-18 B		17-18 G/17-18 B	15-16 G
				17-18 G