



HOMENETMEN 41ST NAVASARTIAN GAMES – 2016 Track and Field

Friday July 1, 2016

Birmingham Community Charter High School
17000 Haynes St. Lake Balboa, CA 91406

12:00 pm to 6:00 pm

- There will not be any finals for any of the events.
- Participants will be racing to get the best time (distance) possible within each division, not just in each heat.
- The schedule is only an approximation. Depending on the number of participants, they may be delayed, or moved up.
- Participants must check in with their respective chapter.
- Each chapter must have a representative from the chapter executive committee or chapter athletic council present at all times during the event.
- **U12 THROUGH U8 DIVISION SHOTPUT AND LONGJUMP** – participants in these events are advised to complete these events **AFTER** their running events have concluded.
- **A THROUGH U14 DIVISION SHOTPUT AND LONGJUMP** - participants in these events are advised to complete these events **BEFORE** their running events begin.

The track and the field is for Participants Only. Parents must remain in the bleachers.

ONLY 1/8in. PYRAMID SPIKES ARE ALLOWED!

12:00 pm	U12 through U8 Division Check In	
12:15 pm – 12:35 pm	400 Meters	U10 Boys and Girls U12 Boys and Girls
12:35 pm – 1:05 pm	50 Meters	U8 Boys and Girls U10 Boys and Girls
1:05 pm – 1:35 pm	200 Meters	U8 Boys and Girls U10 Boys and Girls U12 Boys and Girls
1:35 pm – 2:15 pm	100 Meters	U8 Boys and Girls U10 Boys and Girls U12 Boys and Girls



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2:15 pm	A through U14 Check In	
2:15 pm – 2:35 pm	4x50 Relay	U8 Boys and Girls U10 Boys and Girls U12 Boys and Girls
2:35 pm – 3:05 pm	800 Meters	U14 Boys and Girls U16 Boys and Girls U18 Boys and Girls A Boys and Girls
3:05 pm – 3:45 pm	200 Meters	U14 Boys and Girls U16 Boys and Girls U18 Boys and Girls A Boys and Girls
3:45 pm – 4:15 pm	1500 Meters	A Boys and Girls
4:15 pm – 4:45 pm	100 Meters	U14 Boys and Girls U16 Boys and Girls U18 Boys and Girls A Boys and Girls
4:45 pm – 5:15 pm	400 Meters	U14 Boys and Girls U16 Boys and Girls U18 Boys and Girls A Boys and Girls
5:15 pm – 5:45 pm	3000 Meters	U14 Boys and Girls U16 Boys and Girls U18 Boys and Girls A Boys and Girls
5:45 pm – 6:00 pm	4x100 Relay	U14 Boys and Girls U16 Boys and Girls U18 Boys and Girls A Boys and Girls
1:00 pm – 5:30 pm	Long Jump and Shot Put Open	