

## 2021 Mega Regional - 6/5/21 to 6/6/21

### Saturday Track

|          |                              |
|----------|------------------------------|
| 8:00 AM  | M/W30-74 5000 m Race Walk    |
| 9:00 AM  | W60-84 100 m                 |
| 9:04 AM  | W50-59 100 m                 |
| 9:08 AM  | W40-49 100 m                 |
| 9:12 AM  | W25-39 100 m                 |
| 9:16 AM  | M75-94 100 m                 |
| 9:20 AM  | M70 100 m                    |
| 9:24 AM  | M60-69 100 m                 |
| 9:28 AM  | M55 100 m                    |
| 9:35 AM  | M50 100 m                    |
| 9:39 AM  | M40-49 100 m                 |
| 9:43 AM  | M35 100 m                    |
| 9:47 AM  | M30 100 m                    |
| 9:50 AM  | M25-29 100 m                 |
| 10:10 AM | W25-84 1500 m                |
| 10:25 AM | M60-94 1500 m                |
| 10:40 AM | M50-59 1500 m                |
| 10:55 AM | M30-49 1500 m                |
| 11:20 AM | W60-84 400 m                 |
| 11:24 AM | W50-59 400 m                 |
| 11:30 AM | W25-49 400 m                 |
| 11:45 AM | M75-94 400 m                 |
| 11:49 AM | M65-74 400 m                 |
| 11:53 AM | M60 400 m                    |
| 11:57 AM | M55 400 m                    |
| 12:01 PM | M50 400 m                    |
| 12:05 PM | M40-49 400 m                 |
| 12:09 PM | M25-39 400 m                 |
| 12:35 PM | W60-74 80 Short Hurdles 27"  |
| 12:35 PM | M80 80 Short Hurdles 27"     |
| 12:50 PM | W40-54 80 Short Hurdles 30"  |
| 1:05 PM  | M60-69 100 Short Hurdles 33" |
| 1:20 PM  | M50-59 100 Short Hurdles 36" |
| 1:35 PM  | M30-49 110 Short Hurdles 39" |

### Saturday Field

|          |                     |
|----------|---------------------|
| 8:00 AM  | M40-84 Weight       |
| 8:30 AM  | W50-94 Triple Jump  |
| 9:30 AM  | M40-84 Super Weight |
| 9:45 AM  | W40-94 Javelin      |
| 9:45 AM  | M25-79 Triple Jump  |
| 11:30 AM | W35-94 Weight       |
| 11:30 AM | M/W30-79 Pole Vault |
| 1:00 PM  | W35-94 Super Weight |
| 1:00 PM  | M60-89 Javelin      |
| 2:30 PM  | M30-59 Javelin      |

### Sunday Track

|          |                               |
|----------|-------------------------------|
| 8:00 AM  | W35-69 5000 m                 |
| 8:35 AM  | M60-84 5000 m                 |
| 9:10 AM  | M35-59 5000 m                 |
| 9:45 AM  | W75-84 200 m                  |
| 9:49 AM  | W60-74 200 m                  |
| 9:53 AM  | W50-59 200 m                  |
| 9:57 AM  | W40-49 200 m                  |
| 10:01 AM | W25-39 200 m                  |
| 10:20 AM | M75-94 200 m                  |
| 10:24 AM | M70 200 m                     |
| 10:29 AM | M65 200 m                     |
| 10:33 AM | M60 200 m                     |
| 10:37 AM | M55 200 m                     |
| 10:45 AM | M45-54 200 m                  |
| 10:49 AM | M40 200 m                     |
| 10:53 AM | M25-34 200 m                  |
| 11:20 AM | W25-79 800 m                  |
| 11:30 AM | M70-94 800 m                  |
| 11:40 AM | M60-69 800 m                  |
| 11:50 AM | M50-59 800 m                  |
| 12:00 PM | M30-49 800 m                  |
| 12:30 PM | W40+/M60+ 2000 m Steeplechase |
| 12:50 PM | M30-59 3000 m Steeplechase    |
| 1:15 PM  | W70 200 Long Hurdles 27"      |
| 1:15 PM  | M70-79 300 Long Hurdles 27"   |
| 1:30 PM  | W50 300 Long Hurdles 30"      |
| 1:40 PM  | M60-69 300 Long Hurdles 30"   |
| 1:55 PM  | M50-59 400 Long Hurdles 33"   |
| 2:10 PM  | M30-49 400 Long Hurdles 36"   |
| 2:30 PM  | W30-89 4x100 m Relay          |
| 2:30 PM  | 4x100 m Relay                 |
| 2:50 PM  | 4x400 m Relay                 |
| 3:15 PM  | 4x800 m Relay                 |

### Sunday Field

|          |                  |
|----------|------------------|
| 8:00 AM  | M60-84 Hammer    |
| 8:15 AM  | M60-79 Long Jump |
| 8:30 AM  | W25-74 High Jump |
| 9:30 AM  | M30-59 Hammer    |
| 9:30 AM  | M70-89 Shot Put  |
| 10:00 AM | M25-59 Long Jump |
| 10:30 AM | W35-94 Hammer    |
| 10:30 AM | M70-84 High Jump |
| 10:45 AM | M60-69 Shot Put  |
| 12:00 PM | M70-89 Discus    |
| 12:00 PM | M25-59 Shot Put  |
| 12:00 PM | W30-94 Long Jump |
| 12:30 PM | M25-69 High Jump |
| 1:30 PM  | M60-69 Discus    |
| 1:30 PM  | W35-94 Shot Put  |
| 2:30 PM  | M25-59 Discus    |
| 4:15 PM  | W35-94 Discus    |