





Friday														
Running Events														
3:30 PM	55m - Sponsored by Bario's Restaurant	7-8G	7-8B	9-10G	9-10B	11-12G	11-12B	13-14G	13-14B	15-16G	15-16B	17-18W	17-18M	Trials
4:45 PM	400m - Sponsored by Staten Island University Hospital	7-8G	7-8B	9-10G	9-10B	11-12G	11-12B	13-14G	13-14B	15-16G	15-16B	17-18W	17-18M	Trials
7:30 PM	3000m - Sponsored by Hilton Garden Inn - Staten Island					11-12G	11-12B	13-14G	13-14B	15-16G	15-16B	17-18W	17-18M	Final
Field Events														
5:00 PM	Long Jump			9-10G	9-10B									Final
5:00 PM	Shot Put - Sponsored by MF Athletic	7-8g										17-18W		Final
5:30 PM	High Jump							13-14G	13-14B					
6:30 PM	Long Jump											17-18W	17-18M	Final
6:30 PM	Shot Put - Sponsored by MF Athletic		7-8b										17-18M	Final
7:00 PM	High Jump			9-10G	9-10B									Final

Saturday															
Running Eve	ents														
9:00 AM	Shuttle Hurdle relay												USATF Club 15- 18 G/HSG	USATF Club 15- 18 B/HSB	Final
9:15 AM	55m Hurdles - Sponsored by Fresh Meadow Electrical Contractor					11-12G	11-12B	13-14G	13-14B	15-16G	17-18W	15-16B	17-18M		Trials
10:15 AM	Run off if needed														
10:25 AM	1500m Race Walk			9-10G	9-10B	11-12G	11-12B								Final
10:45 AM	200m - Sponsored by Verizon Wireless	7-8G	7-8B	9-10G	9-10B	11-12G	11-12B	13-14G	13-14B	15-16G	15-16B	17-18W	17-18M		Trials
12:30 PM	Opening Ceremony														
12:40 PM	800m - Sponsored by Assemblyman Mike Cusick	7-8G	7-8B	9-10G	9-10B	11-12G	11-12B	13-14G	13-14B	15-16G	15-16B	17-18W	17-18M		Final
2:00 PM	4x200m	7-8G	7-8B	9-10G	9-10B	11-12G	11-12B	13-14G	13-14B				USATF Club 15- 18 G/HSG	USATF Club 15- 18 B/HSB	Final
3:30 PM	Distance Medley												USATF Club 15- 18 G/HSG	USATF Club 15- 18 B/HSB	Final
Field Events															
9:00 AM	Long Jump	7-8G	7-8B												Final
9:00 AM	Pole Vault							13-14G							Final
9:00 AM	Weight Throw									15-16G		17-18g			Final
9:00 AM	Shot Put - Sponsored by MF Athletic			9-10G											Final
10:30 PM	Shot Put - Sponsored by MF Athletic				9-10B										Final
10:30 AM	Weight Throw										15-16 B		17-18B		Final
10:30 AM	Pole Vault									15-16G					Final
10:30 AM	Long Jump					11-12G	11-12B								Final
12:00 PM	Pole Vault											17-18W			Final
12:00 PM	High Jump					11-12G	11-12B								Final
12:30 PM	Shot Put - Sponsored by MF Athletic					11-12G	11-12B								Final
12:30 PM	Long Jump									15-16G	15-16B				Final
1:30 PM	Shot Put - Sponsored by MF Athletic							13-14G	13-14B						Final
2:30 PM	Long Jump							13-14G	13-14B						Final







Sunday															
Running Ever	nts														
9:00 AM	4X800m												USATF Club 15- 18 G/HSG	USATF Club 15- 18 B/HSB	Final
9:30 AM	55m Hurdles - Sponsored by Fresh Meadow Electrical Contractor					11-12G	11-12B	13-14G	13-14B	15-16G	17-18W	15-16B	17-18M		Final
10:00 AM	55m - Sponsored by Bario's Restaurant	7-8G	7-8B	9-10G	9-10B	11-12G	11-12B	13-14G	13-14B	15-16G	15-16B	17-18W	17-18M		Final
10:30 AM	400m - Sponsored by Staten Island University Hospital	7-8G	7-8B	9-10G	9-10B	11-12G	11-12B	13-14G	13-14B	15-16G	15-16B	17-18W	17-18M		Final
11:30 AM	1500m - Sponsored by sage and coombe architects	7-8G	7-8B	9-10G	9-10B	11-12G	11-12B	13-14G	13-14B	15-16G	15-16B	17-18W	17-18M		Final
1:30 PM	200m - Sponsored by Verizon Wireless	7-8G	7-8B	9-10G	9-10B	11-12G	11-12B	13-14G	13-14B	15-16G	15-16B	17-18W	17-18M		Final
2:00 PM	3000m Race Walk							13-14G	13-14B	15-16G	15-16B	17-18W	17-18M		Final
2:30 PM	4x400m Relay	7-8G	7-8B	9-10G	9-10B	11-12G	11-12B	13-14G	13-14B				USATF Club 15- 18 G/HSG	USATF Club 15- 18 B/HSB	Final
Field Events															
9:00 AM	Shot Put - Sponsored by MF Athletic									15-16G					Final
9:00 AM	Triple Jump							13-14G	13-14B						Final
9:00 AM	Pole Vault								13-14B						Final
10:00 AM	Shot Put - Sponsored by MF Athletic									15-16B					Final
10:30 AM	Pole Vault										15-16B				Final
11:00 AM	High Jump											17-18W	17-18M		Final
12:30 AM	High Jump									15-16G	15-16B				Final
11:00 AM	Triple Jump									15-16G	15-16B				Final
12:00 PM	Pole Vault												17-18M		Final
1:00 PM	Triple Jump											17-18W	17-18M		Final