

## 2019 USATF MASTERS NATIONAL CHAMPIONSHIPS SCHEDULE

<b><u>7/11</u></b>	<b><u>THURSDAY PENTATHLON</u></b>		<b><u>7/12</u></b>	<b><u>FRIDAY TRACK</u></b>	
<b>8:15 AM</b>	Pentathlon: #1 M70-94 Long Jump	Finals	<b>8:00 AM</b>	W30-79 5000 Meter Race Walk	Finals
<b>8:30 AM</b>	Pentathlon: #1 W35-89 80 Short Hurdles	Finals	<b>8:00 AM</b>	M80-94 5000 Meter Race Walk	Finals
<b>9:45 AM</b>	Pentathlon: #1 M60-69 Long Jump	Finals	<b>8:45 AM</b>	M35-79 5000 Meter Race Walk	Finals
<b>10:45 AM</b>	Pentathlon: #1 M50-59 Long Jump	Finals	<b>9:15 AM</b>	M70 80 Short Hurdles 30"	Prelims
<b>11:45 AM</b>	Pentathlon: #1 M30-49 Long Jump	Finals	<b>9:20 AM</b>	M60 100 Short Hurdles 33"	Prelims
<b><u>7/11</u></b>	<b><u>THURSDAY FIELD</u></b>		<b>9:30 AM</b>	W30-89 2000 Meter Steeplechase	Finals
<b>8:00 AM</b>	M80-94 Shot Put	Finals	<b>9:50 AM</b>	M70-94 2000 Meter Steeplechase	Finals
<b>8:00 AM</b>	W30-59 Hammer	Finals	<b>10:10 AM</b>	M60-69 2000 Meter Steeplechase	Finals
<b>9:00 AM</b>	M70-79 Shot Put	Finals	<b>10:30 AM</b>	M50-59 3000 Meter Steeplechase	Finals
<b>9:30 AM</b>	W60-74 Hammer	Finals	<b>10:50 AM</b>	M30-49 3000 Meter Steeplechase	Finals
<b>10:30 AM</b>	M65 Shot Put	Finals	<b>11:15 AM</b>	W80 400 Meter Dash	Finals
<b>11:00 AM</b>	W75-89 Hammer	Finals	<b>11:19 AM</b>	W75 400 Meter Dash	Finals
<b>11:30 AM</b>	W35-59 Weight	Finals	<b>11:23 AM</b>	W65-74 400 Meter Dash	Finals
<b>11:45 AM</b>	M60 Shot Put	Finals	<b>11:27 AM</b>	W60 400 Meter Dash	Finals
<b>1:00 PM</b>	W60-74 Weight	Finals	<b>11:31 AM</b>	W55 400 Meter Dash	Finals
<b>1:00 PM</b>	M50-59 Shot Put	Finals	<b>11:35 AM</b>	W50 400 Meter Dash	Finals
<b>2:15 PM</b>	W75-89 Weight	Finals	<b>11:39 AM</b>	W45 400 Meter Dash	Finals
<b>2:30 PM</b>	M30-49 Shot Put	Finals	<b>11:43 AM</b>	W40 400 Meter Dash	Finals
<b><u>7/11</u></b>	<b><u>THURSDAY TRACK</u></b>		<b>11:47 AM</b>	W30-39 400 Meter Dash	Finals
<b>9:00 AM</b>	M70-99 5000 Meter Run	Finals	<b>11:51 AM</b>	M85-104 400 Meter Dash	Finals
<b>9:00 AM</b>	W60-84 5000 Meter Run	Finals	<b>12:00 PM</b>	M80 400 Meter Dash	Finals
<b>9:45 AM</b>	W30-59 5000 Meter Run	Finals	<b>12:04 PM</b>	M75 400 Meter Dash	Finals
<b>10:30 AM</b>	M55-69 5000 Meter Run	Finals	<b>12:08 PM</b>	M70 400 Meter Dash	Finals
<b>11:15 AM</b>	M30-54 5000 Meter Run	Finals	<b>12:12 PM</b>	M65 400 Meter Dash	Finals
<b>12:00 PM</b>	M70 400 Meter Dash	Prelims	<b>12:16 PM</b>	M60 400 Meter Dash	Finals
<b>12:05 PM</b>	M65 400 Meter Dash	Prelims	<b>12:20 PM</b>	M55 400 Meter Dash	Finals
<b>12:10 PM</b>	M60 400 Meter Dash	Prelims	<b>11:24 PM</b>	M50 400 Meter Dash	Finals
<b>12:16 PM</b>	M55 400 Meter Dash	Prelims	<b>12:28 PM</b>	M45 400 Meter Dash	Finals
<b>12:22 PM</b>	M40 400 Meter Dash	Prelims	<b>12:32 PM</b>	M40 400 Meter Dash	Finals
<b>12:30 PM</b>	M35 400 Meter Dash	Prelims	<b>12:36 PM</b>	M35 400 Meter Dash	Finals
<b>2:00 PM</b>	M60 800 Meter Run	Prelims	<b>12:40 PM</b>	M30 400 Meter Dash	Finals
<b><u>7/12</u></b>	<b><u>FRIDAY FIELD</u></b>		<b>12:55 PM</b>	W70-89 80 Short Hurdles 27"	Finals
<b>8:00 AM</b>	M30-49 Hammer	Finals	<b>1:00 PM</b>	W60-69 80 Short Hurdles 27"	Finals
<b>8:15 AM</b>	M75-94 Triple Jump	Finals	<b>1:05 PM</b>	M85-94 80 Short Hurdles 27"	Finals
<b>8:30 AM</b>	W75-94 Discus	Finals	<b>1:10 PM</b>	M80 80 Short Hurdles 27"	Finals
<b>9:00 AM</b>	M60 Javelin	Finals	<b>1:20 PM</b>	W55 80 Short Hurdles 30"	Finals
<b>9:15 AM</b>	M50-59 Hammer	Finals	<b>1:25 PM</b>	W50 80 Short Hurdles 30"	Finals
<b>9:45 AM</b>	M70 Triple Jump	Finals	<b>1:30 PM</b>	M75 80 Short Hurdles 30"	Finals
<b>9:45 AM</b>	W30-54 Long Jump	Finals	<b>1:35 PM</b>	M70 80 Short Hurdles 30"	Finals
<b>9:45 AM</b>	W65-74 Discus	Finals	<b>1:45 PM</b>	W45 80 Short Hurdles 30"	Finals
<b>10:00 AM</b>	M75-94 High Jump	Finals	<b>1:50 PM</b>	W40 80 Short Hurdles 30"	Finals
<b>10:00 AM</b>	M30-59 Pole Vault	Finals	<b>2:00 PM</b>	M65 100 Short Hurdles 33"	Finals
<b>10:15 AM</b>	M65 Javelin	Finals	<b>2:05 PM</b>	M60 100 Short Hurdles 33"	Finals
<b>10:45 AM</b>	M60-69 Triple Jump	Finals	<b>2:15 PM</b>	W30-39 100 Short Hurdles 33"	Finals
<b>10:45 AM</b>	M30-49 Weight	Finals	<b>2:25 PM</b>	M55 100 Short Hurdles 36"	Finals
<b>11:15 AM</b>	W65-94 Long Jump	Finals	<b>2:30 PM</b>	M50 100 Short Hurdles 36"	Finals
<b>11:15 AM</b>	W50-64 Discus	Finals	<b>2:40 PM</b>	M45 110 Short Hurdles 39"	Finals
<b>11:30 AM</b>	M80-94 Javelin	Finals	<b>2:45 PM</b>	M30-44 110 Short Hurdles 39"	Finals
<b>12:15 PM</b>	M50-59 Weight	Finals	<b>3:00 PM</b>	W50 100 Meter Dash	Prelims
<b>12:30 PM</b>	M65-74 High Jump	Finals	<b>3:05 PM</b>	W40 100 Meter Dash	Prelims
<b>12:30 PM</b>	M60 High Jump	Finals	<b>3:07 PM</b>	M70 100 Meter Dash	Prelims
<b>12:45 PM</b>	W55-64 Long Jump	Finals	<b>3:15 PM</b>	M65 100 Meter Dash	Prelims
<b>12:45 PM</b>	W30-49 Discus	Finals	<b>3:20 PM</b>	M60 100 Meter Dash	Prelims
<b>12:45 PM</b>	M70-79 Javelin	Finals	<b>3:25 PM</b>	M55 100 Meter Dash	Prelims
			<b>3:30 PM</b>	M50 100 Meter Dash	Prelims
			<b>3:35 PM</b>	M45 100 Meter Dash	Prelims
			<b>3:40 PM</b>	M40 100 Meter Dash	Prelims
			<b>3:45 PM</b>	M35 100 Meter Dash	Prelims
			<b>4:00 PM</b>	Shuttle Hurdle RELAYS	Finals



