

## EVENT SCHEDULE

### DAY 1 – THURSDAY JULY 12

#### **COMBINED EVENTS:**

**Heptathlon - 15-16 Girls & 17-18 Girls**

**First Call 8:45am; Event Start 9:30am**

100M Hurdles, High Jump, Shot Put, 200M Dash

**Pentathlon 13-14 Girls & Boys First Call 9:00am; Event Start 9:45am**

100M Hurdles; Shot Put; High Jump; Long Jump; 800M(g); 1500M(b)

**Pentathlon 11-12 Girls & Boys First Call 10:15am with events beginning at 11:00am**

80M Hurdles, Shot Put, High Jump; Long Jump; 800M(g); 1500M(b)

**Decathlon -15-16 Boys & 17-18 Boys**

**First Call 10:45am; Event Start 11:30am**

100M Dash; Long Jump, Shot Put, High Jump; 400M Dash

### DAY 2 – FRIDAY JULY 13

#### **COMBINED EVENTS:**

**Decathlon: 15-16 Boys & 17-18 Boys**

**First call at 8:15am with events beginning 9:00am**

110 M Hurdles, Discus, Pole Vault, Javelin and 1500M

**Heptathlon - 15-16 Girls & 17-18 Girls: First call at 9:00am with events beginning 9:45am**

Long Jump, Javelin and 800M Run

**Triathlon 9-10**

**Girls: First Call 8:15am with events beginning 9:00am**

**Boys: First Call 9:15 with events beginning at 10:00am**

Shot Put; High Jump; 200M(g); 400M(b)

### DAY 2 – FRIDAY JULY 13

#### **FIELD EVENTS:**

**First Call 7:15am with events beginning at 8:00am**

Javelin: 17-18M; 15-16B; 17-18W; 15-16G

Hammer (after javelin): 15-16B; 17-18M; 15-16G; 17-18W

**First Call 9:45am with events beginning at 10:30am**

Long Jump: 8U G/B; 11-12 G/B; 9-10 G/B

### DAY 2 – FRIDAY JULY 13

#### **TRACK EVENTS**

**First Call for Track 8:45am, events begin 9:30am**

1500M Race Walk Final: 9 -10 G -1B; 11 -112 G -1B

3000M Race Walk Final: 13 -114 G -1B; 15 -116 G -1B; 17 -118 W/M

2000M Steeplechase Final - 15-16G; 17-18G; 15-16B; 17-18B

4x800M Relay: 11-12-G/B; 13-14-G/B; 15-16-G/B; 17-18W/M

## EVENT SCHEDULE

*This is a rolling schedule. Athletes, parents and coaches need to be aware of what events are taking place on the track and in the field events to ensure all athletes are properly checked into their events on time. If you are unsure, visit the field event venue for field events or check with the head clerk for track events.*

### **DAY 3 – SATURDAY JULY 14**

**First Call Track & Field 8:15am, events begin at 9am**

**Track events will run Girls followed by Boys unless otherwise noted**

3000M Run Final - 11-12G/B; 13-14G/B; 15-16G/B; 17-18M/W

400M Hurdles Semi - 15-16B; 17-18M; 15-16G; 17-18W

200M Hurdles Semi - 13-14G/B

200M Dash Semi - All Divisions

4x100M Relay Final - All Divisions

110M Hurdles Semi - 15-16B; 17-18M

100M Hurdles Semi - 13-14G/B; 15-16G; 17-18W

80 M Hurdles Semi - 11 -12G/B

100M Dash Semi - All Divisions

400M Dash Semi - All Divisions

**Field Events First Call 7:15AM, 8:00AM Start**

Long Jump: 17-18 G/B; 13-14 G/B; 15-16 G/B

Triple Jump 15-16G/B (after completion of LJ)

Discus: 13-14G/B; 15-16 G/B; 17-18M/W

High Jump: 11-12G/B; 17-18W/M; 13-14G/B

Shot Put: 8UG/B; 9-10G/B; 11-12G/B

**Field Events First Call 8:15AM, 9:00AM Start**

Pole Vault: 13-14G; 15-16G; 17-18W

**Field Events First Call 9:15AM; 10:00AM Start**

Aero Javelin (*on soccer field*): 11-12G/B; Mini Javelin 8UG/B; 9-10G/B

**Field Events First Call 11:30am; 12:00 Noon Start**

Pole Vault: 13-14B; 15-16B; 17-18M

### **DAY 4 – SUNDAY JULY 12**

**Track Events - First Call 8:15AM, 9:00AM Start**

400M Hurdles Final - 15-16B; 17-18M; 15-16G; 17-18W

200M Hurdles Final - 13-14G; 13-14B

1500M Run Final - All Divisions

400M Dash Final - All Divisions

110M Hurdles Final - 15-16B; 17-18M

100M Hurdles Final - 13-14G; 13-14B; 15-16G; 17-18W

80M Hurdles Final - 11-12G; 11-12B

100M Dash Final - All Divisions

800M Dash Final - All Divisions

200M Dash Final - All Divisions

4x400M Relay Final - All Divisions

**Field Events - First Call 7:15am, 8:00AM Start**

Triple Jump - 13-14G/B; 17-18W/M; 15-16 G/B

Shot Put - 15-16G;17-18W; 15-16B;17-18M;13-14G; 13-14B

Discus – 11-12G/B

**Field Events (after completion of Discus)**

Javelin: 11-12G/B; 13-14 G/B

**Field Events - First Call 8:15am, 9:00AM Start**

High Jump - 9-10G/B; 15-16G/B

**DIRECTIONS & PARKING:** Parking is available at the campus visitor lot, located right next to the track.

**GPS Address:** 2000 Pennington Road, Ewing, NJ 08628.

**From I-80**

Take I-80 East to the U.S. 206/Route 183 exit. Keep right at the fork in the ramp. Merge onto US 206. Take the I-287 South ramp toward Somerville (I-78)/Princeton. Merge onto I-287 South. Take the US 202 South/US 206 South exit. See directions below from \*Continue on US 202 South.

**From the New York State Thruway**

Take the New York State Thruway/I-87 South. Take the I-287 South/Route 17 South exit. Merge onto I-287 South. Take the US 202 South/US 206 South exit. \*Continue on US 202 South. At the Flemington Circle, continue on US 202/31 South. Exit US 202/31 onto Route 31 South (Trenton). Follow Route 31 South until the entrance to the College (about 1.5 miles past the junction of I-95, left at the third traffic light).

From I-95 South (Delaware/Philadelphia International Airport)

Using I-95 North, continue into Pennsylvania, through Philadelphia. Continue on I-295 East into New Jersey. Take exit 72 (old exit 4) for Route 31/Pennington Road. Bear to the right off the exit ramp, you will be traveling south on Route 31. At the third traffic light (about 1.5 miles), make a left into the college entrance.

**From I-295 South (Camden/South Jersey)**

Take I-295 North to exit 72 (old exit 4). Turn left at the exit ramp onto Pennington Road/Route 31 South toward Ewing. At the fourth traffic light (about 1.5 miles), make a left into the college entrance.

**From Route 78 (Easton, PA and the West)**

Take Route 78 East into New Jersey. Continue to exit 17 (Route 31 South/Flemington and Trenton). Continue south on Route 31 into the Flemington Circle. Take Route 202/31 South. Exit at Route 31 South (Trenton). Follow Route 31 South until the entrance to the college (about 1.5 miles past the junction of I-295, left at the fourth traffic light).

**From the Pennsylvania Turnpike (Pittsburgh, PA and Ohio)**

Take the Pennsylvania Turnpike/I-276 East to the Philadelphia/US 1 exit. Keep left at the fork in the ramp. Merge onto US 1 North Lincoln Highway. Stay straight to go onto US 1 North. Take the I-295 East exit toward Trenton. Proceed into New Jersey. Take exit 72 (old exit 4) for Route 31/Pennington Road. Bear to the right off the exit ramp, you will be traveling south on Route 31. At the fourth traffic light (about 1.5 miles), make a left into the college entrance.

**From U.S. Route 1 (New Brunswick and North)**

Using Route 1, travel south and take the I-295 North exit toward Philadelphia. Take exit 72 (old exit 4) for Route 31/Pennington Road. Turn left at the exit ramp onto Pennington Road/Route 31 South toward Ewing. At the fourth traffic light (about 1.5 miles), make a left into the college entrance.

**From the New Jersey Turnpike (Newark International Airport and North)**

Using the New Jersey Turnpike, travel south to exit 7A, Trenton and Shore Points. Follow signs toward Trenton onto I-195 West. Follow signs marked 295 Princeton/Camden. Exit at "I-295 North/Route 1/Princeton." Continue on I-295 North to exit 72 (old exit 4.) Turn left at the exit ramp onto Pennington Road/Route 31 South toward Ewing. At the fourth traffic light (about 1.5 miles), make a left into the college entrance.

**From the Atlantic City Expressway**

Take the Atlantic City Expressway West (toward PA). The expressway ends at Route 42. Follow Route 42 North to I-295 North. Continue on I-295 North to exit 72 (old exit 4). Turn left at the exit ramp onto Pennington Road/Route 31 South toward Ewing. At the fourth traffic light (about 1.5 miles), make a left into the college entrance.

**HOTEL INFORMATION:**

Spring Hill Suites  
1000 Charles Ewing Blvd  
Ewing NJ 08628  
866-515-3170  
<http://www.marriott.com/hotels/travel/ttnsh-springhill-suites-ewing-princeton-south/?scid=bb1a189a-fec3-4d19-a255-54ba596febe2>

Clarion Hotel The Palmer Inn  
3499 Route 1 South  
Princeton, NJ 08540  
609-452-2500 Ext: 183

Element Ewing Princeton  
1000 Sam Weinroth Road East  
Ewing Township, NJ 08628  
(609) 671-0050

Hampton Inn East Windsor  
384 Monmouth St  
East Windsor NJ 08520  
(609)426-1600

Hampton Inn & Suites by Hilton-Robbinsville  
153 West Manor Way  
Robbinsville, NJ  
(609) 259-0300

Hilton Garden Inn Hamilton  
800 Route 130  
Hamilton, NJ  
(609) 585-6789

Holiday Inn Express Princeton Southeast  
870 Scudders Mill Road  
Plainsboro, NJ 08536  
(609)-936-6600

Homewood Suites by Hilton Princeton  
3819 Rt 1. South  
Princeton, NJ 08540  
609-720-0550

HYATT PLACE PRINCETON  
3365 Route 1  
Carnegie Center West  
Princeton, NJ 08540  
609-720-0200