



2019 LEGION NATIONALS
PRACTICE SCHEDULE - THURSDAY, AUGUST 8

	Throws	Throws	Jumps	Jumps	Jumps	Jumps	Track Inner 3 lanes	Home stretch	Corner/Back Stretch
					Side track	Side fence		Lane 4-8	Lane 4-8
9h00 am	Shot put	Hammer	High jumps	Pole vault	Long jumps	Triple	MD/Walks	Hurdles/Starts	Sprints/Relays
10h15 am	Shot put	Javelin	High jumps	Pole vault	Long jumps	Triple	MD/Walks	Hurdles/Starts	Sprints/relays
11h30 am	Shot put	Discus	High jumps	Pole Vault	Long jumps	Triple	MD/Walks	Hurdles/Starts	Sprints/Relays

12h45 pm Closed Closed Closed Closed Closed Closed Closed Closed Closed

	Throws	Throws	Jumps	Jumps	Jumps	Jumps	Track Inner 3 lanes	Home stretch	Corner/Back Stretch
					Side track	Side fence		Lane 4-8	Lane 4-8
1h15pm	Shot put	Hammer	High jumps	Pole vault	Long jumps	Triple	MD/Walks	Hurdles/Starts	Sprints/Relays
2h30 pm	Shot put	Javelin	High jumps	Pole vault	Long jumps	Triple	MD/Walks	Hurdles/Starts	Sprints/relays
3h45 pm	Shot put	Discus	High jumps	Pole Vault	Long jumps	Triple	MD/Walks	Hurdles/Starts	Sprints/Relays

5h00 pm Closed Closed Closed Closed Closed Closed Closed Closed Closed

	Throws	Throws	Jumps	Jumps	Jumps	Jumps	Track Inner 3 lanes	Home stretch	Corner/Back Stretch
					Side track	Side fence		Lane 4-8	Lane 4-8
	Discus	Discus							
6h00 pm			High jumps	Pole vault	Long jumps	Triple	MD/Walks	Hurdles/Starts	Sprints/Relays
	Shot put	Shot put							
6h45 pm	Javelin	Javelin	High jumps	Pole vault	Long jumps	Triple	MD/Walks	Hurdles/Starts	Sprints/Relays
7h30 pm	Hammer	Hammer	High jumps	Pole vault	Long jumps	Triple	MD/Walks	Hurdles/Starts	Sprints/relays

8h15 pm Closed Closed Closed Closed Closed Closed Closed Closed Closed