



Schedule of Events

Registration Open: 7:30 - 11 a.m.

Lunch Served: 11 a.m. - 1:30 p.m.

Opening Ceremonies Schedule

- **8:50 a.m.** | Drummers in position & first call for participants to line up.
- **8:55 a.m.** | Second call for participants to line up.
- **9:00 a.m.** | Final call for participants to line up.
- **9:01 a.m.** | Ceremony Begins/Drum Welcome Song
- **9:10 a.m.** | Everyone in Circle/Drum Flag Song
- **9:15 a.m.** | Prayer by SCIT Representative
- **9:17 a.m.** | National Anthem (*Natalie Shattruck*)
- **9:25 a.m.** | Exit Track/Ceremony Concludes
- **9:26 a.m.** | First Calls to Events
- **9:30 a.m.** | Events Begin
- **12:30 p.m.** | Traditional Lacrosse Teaching with Joseph Ojibway

Young Kids Event Order | 9:30 a.m.

- 1) Baby Crawl
- 2) 10 Meter Dash: *Ages 1-2*
- 3) 20 Meter Dash: *Ages 3-4*
- 4) Bean Bag Toss: *Ages 4 and under*

Running/Walking Track Event Order | 9:30 a.m.

**Age groups are listed by the order they will be called to compete.*

- 1) 400M Walk: *Ages 65 and up, 55-64, 41-54*
- 2) Pre and Post Natal 400M Walk:
(One year post natal)
- 3) 1 Mile Run: *All age groups*
- 4) 400M Run: *Ages 13-15, 16-18, 19-24, 25-32, 33-40, 41-54, 55-64, 65 and up*
- 5) 50M Run: *Ages 5-6, 7-9, 10-12, 55-64, 65+*
- 6) 100M Run: *Ages 13-15, 16-18, 19-24, 25-32, 33-40, 41-54*

Field Events | Open from 9:30 a.m.- 1:30 p.m.

- **Softball Throw:** *All age groups*
- **Long Jump:** *All age groups*
- **Jump Rope:** *Ages 5-6*
- **Obstacle Course:** *Ages 5-12*
- **Fitness Circuit:** *Ages 7-15*
- **Lacrosse Speed Shot:** *Ages 7-64*
- **3 Point Basketball Shot:** *Ages 10-54*
- **Archery:** *Ages 10-65+*
- **Adult Bean Bag Toss:** *Ages 41-65+*
- **Free Throw Basketball Shot:** *Ages 41-65+*

Tug-of-War | Approximately 4 p.m.

**Event will begin at the conclusion of other games at approximately 4 p.m.*

- *Ages 13 and under, 14-17, 18 and up. (12 individuals per team.)*

Conclusion of Events | Approximately 4:30 p.m.