



## Friday

### Field Events

3:00 PM	Women's Hammer Throw
(TO FOLLOW)	Men's Hammer throw
3:00 PM	Men's Pole Vault
(TO FOLLOW)	Women's Pole Vault
3:30 PM	Men's Long Jump
(TO FOLLOW)	Women's Long Jump
5:00 PM	Women's Javelin
(TO FOLLOW)	Men's Javelin

### Track Events

5:45 PM	Men's 200m Dash
5:55 PM	Women's 200m Dash
6:15 PM	Men's 1500m Run
6:20 PM	Women's 1500m Run

## Saturday

### Field Events

10:30 AM	Women's Shot Put
(TO FOLLOW)	Men's Shot Put
(FOLLOWING MSP)	Women's Discus Throw
(TO FOLLOW)	Men's Discus Throw
12:00 PM	Men's High Jump
(TO FOLLOW)	Women's High Jump
12:00 PM	Women's Triple Jump
(TO FOLLOW)	Men's Triple Jump

### Track Events

9:30 AM	Women's 5000m Run
10:00 AM	Men's 5000m Run
12:00 PM	Women's 4x100m Relay
12:10 PM	Men's 4x100m Relay
12:30 PM	Women's 100m Hurdles
12:55 PM	Men's 110m Hurdles
1:10 PM	Women's 400m Dash
1:25 PM	Men's 400m Dash
1:40 PM	Women's 400m Hurdles
1:50 PM	Men's 400m Hurdles
2:00 PM	Women's 800m Run
2:15 PM	Men's 800m Run
2:45 PM	Women's 100m Dash
3:00 PM	Men's 100m Dash
3:30 PM	Women's 4x400m Relay
3:40 PM	Men's 4x400m Relay