# **Field Events**

### Friday, March 15th, 2019

3:00 pm	Women's Hammer
3:00 pm	Men's Javelin
3:00 pm	Men's Triple Jump
4:00 pm	Women's Triple Jump
4:30 pm	Women's Javelin
4:30 pm	Men's Hammer

### Saturday, March 16th, 2019

11:00 am	Men's Shot Put
11:00 am	Women's Discus
11:00 am	Men's Long Jump
11:00 am	Women's High Jump
11:00 am	Men's Pole Vault
12:00 am	Women's Long Jump
12:15 pm	Men's Discus
12:15 pm	Women's Shot Put
1:00 pm	Women's Pole Vault
1:00 pm	Men's High Jump

## **Running Events**

### Saturday, March 16th, 2019

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11:00 am	Men's 3000 Meter Steeplechase
11:15 am	Women's 3000 Meter Steeplechase
~	Men's 4x100 Meter Relay
11:30 am	Women's 4x100 Meter Relay
11:40 am	Men's 1500 Meters
11:55 am	Women's 1500 Meters
12:10 pm	Men's 110 Meter Hurdles
12:20 pm	Women's 100 Meter Hurdles
12:30 pm	Men's 400 Meters
12:40 pm	Women's 400 Meters
12:50 pm	Men's 100 Meters
12:55 pm	Women's 100 Meters
1:05 pm	Men's 800 Meters
1:10 pm	Women's 800 Meters
1:20 pm	Men's 400 Meter Hurdles
1:25 pm	Women's 400 Meter Hurdles
1:35 pm	Men's 200 Meters
1:40 pm	Women's 200 Meters
1:45 pm	Men's 3000 Meters
2:00 pm	Women's 3000 Meters
2:15 pm	Men's 4X400 Meter Relay
2:20 pm	Women's 4X400 Meter Relay

- There will not be a rolling schedule.
- ~— Cancelled due to lack of entries.