Field Events:

	•	
12:00pm	Women's Weight Throw	Trials and Final
	followed by Men's Weight Throw	Trials and Final
	followed by Women's Shot Put	Trials and Final
	followed by Men's Shot Put	Trials and Final
12:00pm	Men's Long Jump	Trials and Final
12:00pm	Women's Triple Jump	Trials and Final
12:00pm	Men's High Jump	Final
	followed by Women's High Jump	Final
12:30pm	Women's Pole Vault	Final
	followed by Men's Pole Vault	Final
2:00pm	Women's Long Jump	Trials and Final
2:00pm	Men's Triple Jump	Trials and Final

Running Events:

2:30pm	Women's 60m Hurdles	Trials
	Men's 60m Hurdles	Trials
2:45pm	Women's 60m	Trials
2:50pm	Men's 60m	Trials
0.000	Women's Mile	Final
3:00pm	Men's Mile	Final
3:10pm	Men's 60m Hurdles	Final
3:20pm		
3:25pm	Women's 60m Hurdles	Final
3:30pm	Women's 400m	Sections
	Men's 400m	Sections
3:45pm	Women's 500m	Sections
3:55pm	Men's 500m	Sections
4:05pm	Women's 60m	Final
4:10pm	Men's 60m	Final
4:15pm	Women's 800m	Final
4:20pm	Men's 800m	Final
4:25pm	Women's 1000m	Final
4:30pm	Men's 1000m	Final
4:35pm	Women's 200m	Sections
4:40pm	Men's 200m	Sections
4:45pm	Women's 3000m	Final
5:00pm	Men's 3000m	Final
5:10pm	Women's Two Mile Relay	Final
5:25pm	Men's Two Mile Relay	Final
5:30pm	Senior Recognition	
5:50pm	Women's Mile Relay	Final
5:55pm	Men's Mile Relay	Final
0.00F		2 nd – 3 Points

Tri-Scoring

1st - 5 Points

2nd - 3 Points

3rd - 2 Points

Relays for Tri 1st – 5 Points