



GOLDEN FLASH GALA

Friday-Saturday, December 8-9, 2017

FINAL Meet Schedule – As of 12/6/17

Friday, December 8

FIELD EVENTS	12:30 pm	Weight Throw Women - Men to follow (Main Ring)
	1:00 pm	Pole Vault Women – raised runway – Seeded – Unseeded to follow
	2:45 pm	Long Jump Women – raised runway
RUNNING EVENTS	5:00 pm	5000m Women - Men to follow
COMBINED EVENTS	Women's Pentathlon – 16 max entries	
	1:45 pm	60m Hurdles High Jump (two pits if needed) Shot Put Long Jump – raised runway 800m
	Men's Heptathlon - 16 max entries	
	1:15 pm	60m Dash Long Jump – raised runway Shot Put High Jump

Saturday, December 9

COMBINED EVENTS	Men's Heptathlon – 16 max entries		
	11:00 am	60m HH Pole Vault – raised runway 1000m	
FIELD EVENTS	11:00 am	High Jump Men – Women to follow	
	11:00 am	Shot Put Women – Men to follow	
	11:30 am	Men's Long Jump – Women TJ to follow – Men TJ to follow	
	1:30 pm	Pole Vault Men – raised runway – Seeded – Unseeded to follow	
RUNNING EVENTS			
11:00 am	60m HH (Heptathlon)	2:17 pm	300m Men – 4 Sections
12:00 pm	60m HH Semi Women – 4 heats (win + 4)	2:25 pm	400m Women – 3 Sections
12:15 pm	60m HH Semi Men – 3 heats (winners + 5)	2:35 pm	400m Men – 5 Sections
12:25 pm	60m Semi Women – 6 heats (winners + 2)	2:50 pm	800m Women – 1 Section
12:40 pm	60m Semi Men – 5 heats (winners + 3)	2:55 pm	800m Men – 1 Section
12:55 pm	Mile Women – 1 Section	3:00 pm	200m Women – SEED ON THE FLY
1:05 pm	Mile Men – 1 Section	3:20 pm	200m Men – SEED ON THE FLY
1:15 pm	60m Hurdles Final Men – 1 Section	3:35 pm	3000m Women – 1 Section
1:20 pm	60m HH Final Women – 1 Section	3:50 pm	3000m Men – 1 Section
1:25 pm	60m Final Men – 1 Section	4:05 pm	4x400 Women – 3 Sections
1:30 pm	60m Final Women – 1 Section	4:20 pm	4x400 Men – 4 Sections
1:35 pm	1000m Women – 1 Section		
1:40 pm	1000m Men – 1 Section	≈ 1:15 pm	1000m (Heptathlon)
1:45 pm	500m Women – 3 Sections		
1:55 pm	500m Men – 2 Sections		
2:05 pm	300m Women – 4 Sections		