

FRIDAY EVENTS

FIELD EVENTS

TIME	EVENT	LOCATION
12:00pm	Hammer (W)	W of Grandstands
2:00pm	Long Jump (W)	W Side Pit
2:30pm	Hammer (M)	W of Grandstands
4:30pm	Discus (W)	Infield/N Cage
5:15pm	Long Jump (M)	W Side Pit
6:00pm	Discus (M)	Infield/N Cage

RUNNING EVENTS

TIME	EVENT	LOCATION
6:00pm	400mh (W)	
6:10pm	400mh (M)	
6:20pm	200m (W)	
6:45pm	200m (M)	
7:10pm	1500m (W)	
7:25pm	1500m (M)	

SATURDAY EVENTS

FIELD EVENTS

TIME	EVENT	LOCATION
11:30am	Javelin (W)	Infield/N Runway
12:00pm	Pole Vault (W)	W Side
	Triple Jump (W)	E Side Pit
1:30pm	High Jump (W)	D Zone
1:45pm	Javelin (M)	Infield/N Runway
2:00pm	Triple Jump (M)	E Side Pit
2:30pm	Pole Vault (M)	W Side
3:00pm	Shot Put (W)	Infield/E Ring
4:30pm	Shot Put (M)	Infiled/E Ring
	High Jump (M)	D Zone

RUNNING EVENTS

TIME	EVENT	LOCATION
2:30pm	4x100m (W)	
2:40pm	4x100m (M)	
2:50pm	100mh (W)	
3:00pm	110mh (M)	
3:20pm	400m (W)	
3:35pm	400m (M)	
4:00pm	100m (W)	
4:15pm	100m (M)	
4:35pm	800m (W)	
4:45pm	800m (M)	
5:00pm	3000m (W)	
5:15pm	3000m (M)	
5:30pm	4x400m (W)	
5:45pm	4x400m (M)	
6:00pm	Projected Finish	

FINAL SCHEDULE (UPDATED 3.22.23)