

Order of Events

Weight Throw and Long Jump will start @ 3:30 P.M.

All Other Field Events Start @ 4:00 P.M.

Weight Throw W/M

Shot Put W/M

Long Jump W/M

Triple Jump W/M

Pole Vault W/M

High Jump W/M

Running Events Start @ 4:00 P.M.

All Running events are Women followed by Men

DMR

60mHH Semi (6 Fastest advance)

Elite 5000m

60m Semi (6 Fastest Advance)

Mile

60mHH Final

60m Final

4x200m

400m

800m

200m (4 entries per team)

4x800m

4x400m