

## SCHEDULE OF EVENTS

### THURSDAY – February 21, 2019

#### ***Men's Heptathlon (Day 1)***

10:00 AM      60 Meters  
                  Long Jump  
                  Shot Put  
                  High Jump

#### ***Women's Pentathlon***

10:30 AM      60 Meter Hurdles  
                  High Jump  
                  Shot Put (2<sup>nd</sup> ring, if necessary)  
                  Long Jump  
                  800 Meters

### FRIDAY – February 22, 2019

#### ***Men's Heptathlon (Day 2)***

10:00 AM      60 Meter Hurdles  
                  Pole Vault  
                  1000 Meters

### FRIDAY – February 22, 2019

#### ***Field Events***

3:00 PM      Women's Weight Throw - **FINAL**  
                  Women's Long Jump - **FINAL**  
                  Men's High Jump - **FINAL**  
                  Women's Pole Vault - **FINAL**  
                  Men's Long Jump - **FINAL**  
                  Men's Shot Put - **FINAL**

**2:45 PM      Opening Ceremonies/National Anthem**

#### ***Running Events***

3:00 PM      Men's 60 Meter Hurdles - Trials  
                  Women's 60 Meter Hurdles – Trials  
                  Men's 400 Meters - Trials  
                  Women's 400 Meters - Trials  
                  Men's 60 Meter Dash – Trials  
                  Women's 60 Meter Dash – Trials  
                  Men's 800 Meters - Trials  
                  Women's 800 Meters - Trials

5:30 PM      Men's 200 Meters – Trials  
                  Women's 200 Meters - Trials  
                  Men's 5,000 Meters - **FINAL**  
                  Women's 5,000 - **FINAL**  
                  Men's Distance Medley - **FINAL**  
                  Women's Distance Medley - **FINAL**

### SATURDAY – February 23, 2019

#### ***Field Events***

10:30 AM      Men's Weight Throw - **FINAL**  
                  Women's Triple Jump - **FINAL**  
                  Women's High Jump - **FINAL**  
                  Men's Pole Vault - **FINAL**  
                  Women's Shot Put - **FINAL**  
                  Men's Triple Jump - **FINAL**

**11:45 PM      National Anthem**

#### ***Running Events***

12:00 PM      Men's Mile - **FINAL**  
                  Women's Mile - **FINAL**  
                  Men's 60 Meter Hurdles - **FINAL**  
                  Women's 60 Meter Hurdles – **FINAL**  
                  Men's 400 Meters - **FINAL**  
                  Women's 400 Meters - **FINAL**  
                  Men's 60 Meter Dash - **FINAL**  
                  Women's 60 Meter Dash - **FINAL**  
                  Men's 800 Meters - **FINAL**  
                  Women's 800 Meters - **FINAL**  
                  Men's 200 Meters – **FINAL**  
                  Women's 200 Meters – **FINAL**  
                  Men's 3,000 Meters - **FINAL**  
                  Women's 3,000 Meters - **FINAL**  
                  Men's 1,600 Meter RELAY - **FINAL**  
                  Women's 1,600 Meter RELAY – **FINAL**

**4:00 PM      Awards Ceremony (at conclusion of all events)**