

Schedule of Events

Field Events:

- 3:00 p.m. Weight Throw (women followed by the men)
Long Jump (men followed by the women)
High Jump (women followed by the men)
Pole Vault (men followed by the women)
Shot Put to follow the Weight Throw (women followed by the men)
Triple Jump to follow Long Jump (men followed by the women)

Running Events times are TBD based on entries:

All running events will be Women followed by Men ***except*** 60m hurdle Final

- 4:00 p.m. Distance Medley Relay (Men Only)
4:18 p.m. 60m Hurdles Prelim
4:39 p.m. 60m Dash Prelim
5:02 p.m. Mile
5:43 p.m. 60m Hurdles – **FINAL (Men followed by Women)**
5:50 p.m. 60m Dash - **FINAL**
5:58 p.m. 400m Dash
6:26 p.m. 600m Dash
6:41 p.m. Officials Break / Senior Recognition
6:56 p.m. 800m Run
7:19 p.m. 1000m Run
7:29 p.m. 200m Dash
8:00 p.m. 3000m Run
8:28 p.m. 4 x 400m Relay

*****RUNNING EVENTS WILL NOT RUN MORE THAN 20min AHEAD OF SCHEDULE*****

LIVE RESULTS – WWW. HEROSTIMING.COM