



### FINAL Meet Schedule

### Friday, January 18, 2019

#### Field Events

|         |             |              |                          |
|---------|-------------|--------------|--------------------------|
| 1:30 PM | Women       | Weight Throw |                          |
| 1:30 PM | Men         | Shot Put     |                          |
| 2:00 PM | Men & Women | Long Jump    |                          |
| 2:00 PM | Women       | Pole Vault   | South Pit                |
| 2:00 PM | Women       | High jump    |                          |
| 4:00 PM | Men         | Pole Vault   | North Pit                |
| 5:00 PM | Men & Women | Triple Jump  | (or 30 min after M/W-LJ) |
| 5:00 PM | Men         | High Jump    |                          |
| 5:45 PM | Men         | Weight Throw | (or 20 min after W-WT)   |
| 5:45 PM | Women       | Shot Put     | (or 20 min after M-SP)   |

#### Track Events

|         |                    |              |                  |
|---------|--------------------|--------------|------------------|
| 2:00 PM | Women - Men        | 60m          | Qualifying Round |
| 2:20 PM | Women - Men        | 5,000m       | Finals           |
| 3:20 PM | Women - Men        | 60m Hurdles  | Prelims          |
| 3:55 PM | Women - Men        | 60m          | Prelims          |
| 4:15 PM | Women - Men        | Mile         | Finals           |
| 4:50 PM | Women - Men        | 600m         | Finals           |
| 5:20 PM | <b>Men - Women</b> | 60m Hurdles  | Finals           |
| 5:35 PM | Women - Men        | 60m          | Finals           |
| 5:45 PM | Women - Men        | 400m         | Finals           |
| 6:20 PM | Women - Men        | 800m         | Finals           |
| 6:40 PM | Women - Men        | 1,000m       | Finals           |
| 6:55 PM | Women - Men        | 200m         | Finals           |
| 7:40 PM | Women - Men        | 3,000m       | Finals           |
| 8:05 PM | Women - Men        | 4x400m Relay | Finals           |

**8:50 PM**

*Expected completion of the track events*

