



April 2013

SCHEDULE OF EVENTS

Friday, March 29th 2019

Running Events

5:30 PM	(W) 5000m - (Section 2)
5:55 PM	(M) 5000m - (Section 2)
6:15 PM	(W) 3000m Steeple -Invite

6:30 PM	(M) 3000m Steeple - College/Open
6:45 PM	(M) 3000m Steeple - Invite
7:00 PM	(W) 1500m (Section 2)
7:08 PM	(W) 1500m (Section 1) -Invite

7:16 PM	(M) Mile (Section 2)
7:24 PM	(M) Mile (Section 1) Invite
7:32 PM	(W) 5000m - Invite
8:00 PM	(M) 5000m - Invite
8:20 PM	(W) 10,000m Invite
9:05 PM	(M) 10,000m Invite

Field Events

4:30 PM	(W) Hammer Throw
6:30 PM	(M) Hammer Throw