

## SATURDAY, JAN. 21

## Running Events

Time	Event	
10:30	60m Hurdle	Prelims Men
10:45	60m Hurdles	Prelims Women
11:00	60m Dash	Prelims Men
11:30	60m Dash	Prelims Women
11:50	Mile	Men
12:35	Mile	Women
1:10	60m Hurdles	Finals Men
1:20	60m Hurdles	Finals Women
1:25	60m Dash	Finals Men
1:30	60m Dash	Finals Women
1:35	600y	Men
2:05	600y	Women
2:20	400m	Men
2:50	400m	Women
3:05	800m	Men
3:30	800m	Women
3:50	200m	Men
5:05	200m	Women
5:55	3000m	Men
7:05	3000m	Women
7:50	4x400m Relay	Men
8:40	4x400m Relay	Women
9:10	est. finish	

## Field Events

Time	Event	
10:30	Long Jump	Men and Women
11:30	Weight Throw	Women
	Shot (Polanik ring)	Men
	Pole Vault	Women
3:30	Weight Throw	Men
	Shot (Polanik ring)	Women
	Triple Jump	Men and women
	Pole Vault	Men (2 pits)
6:00	High Jump	Men & Women

**Updated Schedule will be available after entries close. We will try to maintain the starting times and push the schedule back as needed based on number of heats / flights.**