

## Schedule of Events

### Friday

3:00 PM	Pentathlon
5:00 PM	Discus (women followed by the men)

### Saturday

#### Field Events (3 attempts with 9 going to finals)

11:00 AM	Long Jump (men followed by the women) Triple Jump to follow the Long Jump (men followed by the women)
12:00 PM	Weight Throw - Polanik Ring on infield (women followed by the men) Pole Vault (men followed by the women) High Jump (women followed by the men) Shot Put - Concrete Ring (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. We will not run more than 20 minutes ahead of schedule.

2:00 PM	5000m
2:41 PM	60m Hurdles <b>Prelims</b>
2:59 PM	60m Dash <b>Prelims</b>
3:27 PM	Mile
3:50 PM	400m Dash
4:11 PM	300m Dash
4:18 PM	600m Dash
4:34 PM	60m Hurdles <b>FINAL</b>
4:48 PM	60m Dash <b>FINAL</b>
4:55 PM	800m Run
5:09 PM	300m Hurdles
5:20 PM	1000m Run
5:33 PM	200m Dash
6:09 PM	3000m Run
6:49 PM	4 x 400m Relay