

Schedule of Events

Friday

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 Women's 5000m
2:20 PM Men's 5000m
2:41 PM Women's 60m Hurdles **Prelims**
2:48 PM Men's 60m Hurdle **Prelims**
2:55 PM Women's 60m Dash **Prelims**
3:07 PM Men's 60m Dash **Prelims**
3:17 PM Women's Mile
3:34 PM Men's Mile
3:54 PM Women's 400m Dash
4:06 PM Men's 400m Dash
4:27 PM Women's 300m Dash
4:30 PM Men's 300m Dash
4:33 PM Women's 600m Dash
4:36 PM Men's 600m Dash
4:43 PM 60m Hurdles **FINAL**
4:53 PM 60m Dash **FINAL**
5:00 PM Women's 800m Run
5:04 PM Men's 800m Run
5:15 PM Men's 300m Hurdles
5:21 PM Women's 1000m Run
5:26 PM Men's 1000m Run
5:36 PM Women's 200m Dash
5:54 PM Men's 200m Dash
6:15 PM Women's 3000m Run
6:29 PM Men's 3000m Run
6:42 PM Women's 4 x 400m Relay
6:48 PM Men's 4 x 400m Relay