

## SCHEDULE OF EVENTS

Saturday, March 30<sup>th</sup> 2019

### Running Events

2:25 PM	National Anthem
2:30 PM	Women's 4 x 100m Relay
2:35 PM	Men's 4 x 100m Relay
2:40 PM	Women's 800m
2:50 PM	Men's 800m
3:00 PM	Women's 100m Hurdles
3:10 PM	Men's 110m Hurdles
3:25 PM	Women's 400m
3:35 PM	Men's 400m
3:45 PM	Women's 100m
3:55 PM	Men's 100m
4:05 PM	Women's 400m Hurdles
4:15 PM	Men's 400m Hurdles
4:25 PM	Women's 200m
4:35 PM	Men's 200m
4:45 PM	Men's 1500m
4:55 PM	Women's 1500m
5:05 PM	Women's 4 x 400m Relay
5:15 PM	Men's 4 x 400m Relay

### Field Events

10:30 AM	Men's Javelin
12:00 PM	Women's Shot Put
12:00 PM	Men's Long Jump*
12:00 PM	Women's Long Jump*
12:00 PM	Women's High Jump
12:30 PM	Women's Javelin
12:30 PM	Men's Pole Vault
2:30 PM	Men's Shot Put
2:30 PM	Women's Discus
2:30 PM	Women's Pole Vault
2:30 PM	Men's High Jump
3:30 PM	Men's Triple Jump*
3:30 PM	Women's Triple Jump*
4:00 PM	Men's Discus

*\*Hammer will be held on Friday, March 29th, 2019*

*\*Long/Triple Jump will be held on West Pits*