

## **FIELD EVENTS**

6:00 pm: Women's Weight Throw

6:00 pm: Men's Shot Put

6:00 pm: Women's & Men's Long Jump

6:00 pm: Women's High Jump

6:30 pm: Women's & Men's Pole Vault

7:00 pm: Men's Weight Throw 7:30 pm: Men's High Jump

8:00 pm: Women's & Men's Triple Jump\*

8:00 pm: Women's Shot Put

## **RUNNING EVENTS**

6:00 pm: 60m Hurdles Prelims (M) 3 Heats 6:10 pm: 60m Dash Prelims (M) 3 Heats

6:15 pm: Mile Run (W) 2 Heats 6:30 pm: Mile Run (M) 2 Heats 6:45 pm: 60m Hurdles Final (W) 6:50 pm: 60m Hurdles Final (M) 7:00 pm: 400m Dash (W) 2 Heats 7:05 pm: 400m Dash (M) 2 Heats 7:10 pm: 60m Dash Finals (W) 7:15 pm: 60m Dash Finals (M) 7:30 pm: 800m Run (W) 2 Heats 7:40 pm: 800m Run (M) 1 Heats 7:50 pm: 200m Dash (W) 1 Heat 7:53 pm: 200m Dash (M) 1 Heat 8:00 pm: 3000m Run (W) 1 Heat 8:15 pm: 3000m Run (M) 1 Heat 8:30 pm: 5000m (W) 1 Heat 8:50 pm: 5000m (M) 1 Heat

\*The Triple Jump start times are an estimate and we will begin warm-ups immediately following the Long Jump competition.

CHECK-IN: ALL ATHLETES MUST CHECK IN 60 MINUTES PRIOR TO EVENT OR RISK BEING SCRATCHED