

## **FIELD EVENTS**

9:00 am: Long Jump (W/M\*)
9:00 am: Pole Vault, Sect 1 (W/M\*)
9:00 am: High Jump 2 pits (W)
9:00 am: Weight Throw (W)
11:30 am: Weight Throw (M)
12:00 pm: High Jump 2 pits (M)
1:30 pm: Triple Jump (W/M\*)
1:30 pm: Pole Vault, Sect 2 (W/M\*)

2:00 pm: Shot Put (W/M)

## **RUNNING EVENTS**

9:00 am: 60m Hurdles (W) 12 Heats 9:25 am: 60m Hurdles (M) 10 Heats 9:50 am: 60m Dash (W) 13 Heats 10:15 am: 60m Dash (M) 13 Heats 10:40 am: Mile Run (W) 4 Heats 11:10 am: Mile Run (M) 5 Heats 11:45 am: 400m Dash (W) 12 Heats 12:15 am: 400m Dash (M) 12 Heats 12:45 am: 600m Run (W) 3 Heats 12:55 am: 600m Run (M) 3 Heats 1:05 pm: 800m Run (W) 5 Heats 1:25 pm: 800m Run (M) 5 Heats 1:45 pm: 200m Dash (W) 15 Heats 2:15 pm: 200m Dash (M) 15 Heats 2:45 pm: 3000m Run (W) 3 Heats 3:30 pm: 3000m Run (M) 3 Heats 4:15 pm: 1000m Run (W) 2 Heats 4:20 pm: 1000m Run (M) 2 Heats 4:30 pm: 4x400m Relay (W) 3 Heats 4:45 pm: 4x400m Relay (M) 5 Heats

\*The Women's & Men's Pole Vault, Long Jump, and Triple Jump Sections will be conducted simultaneously on two adjacent runways.

\*The High Jump will be conducted using 2 pits, a high pit and a low pit.

\*\*THE SCHEDULE IS APPROXIMATE, WE WILL MOVE AHEAD OF SCHEDULE WHEN POSSIBLE

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