



SCHEDULE OF EVENTS

Running Events

5:00pm	Men's 5000 M Run
5:20pm	Women's 5000 M Run
5:45pm	Men's 55 M Hurdles Trials
5:55pm	Women's 55 M Hurdles Trials
6:05pm	Men's 55 M Dash Trials
6:10pm	Women's 55 M Dash Trials
6:15pm	Men's Mile Run
6:25pm	Women's Mile Run
6:35pm	Men's 55 M Hurdles Finals
6:40pm	Women's 55 M Hurdles Finals
6:45pm	Men's 55 M Dash Finals
6:50pm	Women's 55 M Dash Finals
6:55pm	Men's 400 M Run
7:05pm	Women's 400 M Run
7:15pm	Men's 800 M Run
7:25pm	Women's 800 M Run
7:35pm	Men's 200 M Dash
7:45pm	Women's 200 M Dash
8:00pm	Men's 3000 M Run
8:15pm	Women's 3000 M Run
8:30pm	Men's Distance Medley Relay
8:45pm	Women's Distance Medley Relay
9:00pm	Men's 1600 Relay
9:05pm	Women's 1600 Relay

*-All Running Events are timed finals except Dash and Hurdles

Field Events

5:00pm	Men's 35lb Weight Throw
6:00pm	Women's 20lb Weight Throw
5:30pm	Women's Pole Vault
5:15pm	Men's and Women's Triple Jump
6:30pm	Men's Pole Vault
7:00pm	Men's and Women's Long Jump
7:00pm	Men's Shot Put
7:30pm	Men's and Women's High Jump
8:15pm	Women's Shot Put