



SCHEDULE OF EVENTS

Running Events

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

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

Field Events

6:30pm	Men's 35lb Weight Throw
7:30pm	Women's 20lb Weight Throw
7:00pm	Women's Pole Vault
6:45pm	Men's and Women's Triple Jump
8:00pm	Men's Pole Vault
8:30pm	Men's and Women's Long Jump
8:30pm	Men's Shot Put
9:00pm	Men's and Women's High Jump
9:45pm	Women's Shot Put

*-All Field Event Preliminaries athletes can compete out of order.

*-All Field Event Finals, athletes must compete in order.