

TENTATIVE EVENT SCHEDULE 2013

FRIDAY, MARCH 15

Field Events

2:00 PM Javelin (m) women follow immediately
 3:00 PM Hammer (w) men follow immediately
 High Jump (m) women follow immediately
 4:30 PM Pole Vault (w) men follow immediately

Running Events

6:30 PM 3000 steeplechase (m)
 6:45 PM 3000 steeplechase (w)
 7:00 PM 5000 (m)
 7:20 PM 5000 (w)

SATURDAY, MARCH 16

Field Events

1:00 PM Shot Put (w)
 Discus (m)
 Long Jump (m)
 2:00 PM Long Jump (w)
 3:00 PM Discus (w)
 Shot Put (m)
 Triple Jump (m)
 4:00 PM Triple Jump (w)

Running Events

1:00 PM 4 x 100 Meter Relay (m)
 1:05 PM 4 x 100 Meter Relay (w)
 1:15 PM 1,500 Meter Run (m)
 1:25 PM 1,500 Meter Run (w)
 1:40 PM 110 Meter High Hurdles (m)
 1:50 PM 100 Meter Hurdles (w)
 2:00 PM 400 Meter Dash (m)
 2:20 PM 400 Meter Dash (w)
 2:40 PM 100 Meter Dash (m)
 2:50 PM 100 Meter Dash (w)
 3:00 PM 800 Meter Run (m)
 3:15 PM 800 Meter Run (w)
 3:30 PM 400 Meter Int. Hurdles (m)
 3:45 PM 400 Meter Int. Hurdles (w)
 4:00 PM 200 Meter Dash (m)*
 4:15 PM 200 Meter Dash (w)*
 4:30 PM 4 x 400 Meter Relay (m)
 4:45 PM 4 x 400 Meter Relay (w)

*** All athletes in the 200 meter dash must check in by 2:45 pm. The race will be seeded at time of check-in. ***

SCHEDULE

FRIDAY - March 15

Decathlon- 9:00AM Heptathlon- 10:00AM

*100 meters	*100m Hurdles
*Long Jump	*High Jump
*Shot Put	*Shot Put
*High Jump	*200 meters
*400 meters	

SATURDAY- March 16

Decathlon- 9:00AM Heptathlon- 10:00 AM

*110m High Hurdles	*Long Jump
*Discus	*Javelin
*Pole Vault	*800 meters
*Javelin	
*1500 meters	

After the first event of each day, start times will be assigned upon completion of the previous events. 30 minutes minimum will occur between events with longer if need be based on facility consideration and event preparation.