FIELD EVENTS
For field events, the women's section will go first followed by the men's section

Field Events:

| 4:00 p.m. | Pole Vault |
| :--- | :--- |
| 4:00 p.m. | 20 lb. Weight |
|  | 35 lb. Weight |
| 4:30 p.m. | High Jump |
| 5:30 p.m. | Shot Put |

## RUNNING EVENTS

4:30 p.m. 55M Hurdles Semis - Women
4:45 p.m. $\quad$ 55M Hurdles Semis - Men
5:00 p.m. 55M Dash Semis - Women
5:15 p.m. 55M Dash Semis - Men
5:30 p.m. Mile Run - Women (followed by men)
5:45 p.m. 400M Dash - Women (followed by men)
6:00 p.m. $\quad$ 800M Run - Women (followed by men)
6:15 p.m. 55M Hurdles Finals - Women
6:25 p.m. $\quad$ 55M Hurdles Finals - Men
6:35 p.m. 55M Dash Finals - Women
6:45 p.m. 55M Dash Finals - Men
6:55 p.m. 3000M Run - Women (followed by men)
7:25 p.m. 4 X 400M Relay - Women (followed by men)

