

Friday, February 8, 2012

FIELD EVENTS

4:00 pm: Weight Throw (W) 4:30 pm: Pole Vault, Sect 1 (W) 6:00 pm: Pole Vault, Sect 1 (M) 7:00 pm: Weight Throw (M)

RUNNING EVENTS

4:00 pm: 200 Meter Dash (W) (15 Heats) 4:30 pm: 200 Meter Dash (M) (10 Heats) 5:00 pm: DMR (W) (1 Heat) 5:15 pm: DMR (M) (1 Heat) 5:30 pm: 5000m Run (W) (Invite Heat) 5:50 pm: 5000m Run (M) (Invite Heat) 6:10 pm: 5000m Run (W) (Heats 1-4) 7:30 pm: 5000m Run (M) (Heats 1-4) 8:40 pm: Masters 200m (2 Heats) 8:50 pm: Club Mile (W) 9:00 pm: Club Mile (M)

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

Revised – 2/6/13



Saturday, February 9, 2013

FIELD EVENTS

10:00 am: High Jump, 2 pits (W) 10:00 am: Long Jump (W/M*) 12:00 pm: Shot Put (W) 1:00 pm: High Jump, 2 pits (M) 2:00 pm: Pole Vault, Sect 2 (W*) 3:30 pm: Triple Jump (W/M*) 3:30 pm: Shot Put (M) 3:30 pm: Pole Vault, Sect 2 (M*)

*The Women's & Men's Pole Vault and Horizontal 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.

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

RUNNING EVENTS

- 8:00 am: 3000m Run (W) (Heat 1) 8:15 am: 3000m Run (M) (Heat 1) 8:30 am: Mile Run (W) (Heats 1-2) 8:45 am: Mile Run (M) (Heats 1-2) 9:05 am: 60m Hurdles, Prelim (W) (Heats 1-11) 9:35 am: 60m Hurdles, Prelim (M) (Heats1-6) 9:55 am: 400m Dash (W) (Heats 1-14) 10:25 am: 400m Dash (M) (Heats 1-10) 10:55 am: 60m Hurdles, Final (W) (2 Heats) 11:02 am: 60m Hurdles, Final (M) (2 Heats) 11:15 am: 800m Run (W) (Heats 1-6) 11:45 am: 800m Run (M) (Heats 1-5) 12:15 pm: 3000m Run (W) (Heats 2-3) 12:40 pm: 3000m Run (M) (Heats 2-4) 1:20 pm: 60m Dash, Prelim (W) (9 Heats) 1:40 pm: 60m Dash, Prelim (M) (9 Heats) 2:00 pm: Mile Run (W) (Heats 3-5)
- 2:21 pm: Mile Run (M) (Heats 3-7)

INVITE SECTIONS

- 3:05 pm: 60m Dash Final (W) (2 Heats)
- 3:12 pm: 60m Dash Final (M) (2 Heats)
- 3:20 pm: Invite Mile Run (W) (2 Heats)
- 3:35 pm: Invite Mile Run (M) (2 Heats)
- 3:50 pm: Invite 400m Dash (W) (2 Heats)
- 3:58 pm: Invite 400m Dash (M) (2 Heats)
- 4:10 pm: Invite 800m Run (W) (2 Heats)
- 4:18 pm: Invite 800m Run (M) (2 Heats)
- 4:30 pm: Invite 3000m Run (W) (2 Heats)
- 4:55 pm: Invite 3000m Run (M) (2 Heats)
- 5:20 pm: Invite 4x400m Relay (W) (1 Heat)
- 5:25 pm: Invite 4x400m Relay (M) (1 Heat)
- 5:30 pm: 4x400m Relay (W) (4 Heats)
- 5:50 pm: 4x400m Relay (M) (3 Heats)