

FRIDAY, MARCH 22

12:00 p.m. Hammer- Women

Javelin-Women

3:00 p.m. Pole Vault-Women 3:30 p.m.

Hammer-Men Javelin-Men

800M Men

400H Men

200M Men

400H Women

200M Women

5,000M Women

4 x 400M Men

4 x 400M Women

7:00 p.m. 5,000M Men

SATURDAY, MARCH 23

2:42 p.m.

3:17 p.m.

3:40 p.m.

4:00 p.m.

4:25 p.m.

4:50 p.m.

5:20 p.m.

5:35 p.m.

TRACK		FIELD EVENTS	
10:30 a.m.	3,000M Steeplechase Women	10:00 a.m.	Discus Women
10:45 a.m.	3,000M Steeplechase Men		Shot Put Men
11:00 a.m.	4 x 100M Women		Long Jump Men & Women
11:15 a.m.	4 x 100M Men	11:00 a.m.	Pole Vault Men
11:30 a.m.	1,500M Women		High Jump Women
11:55 a.m.	1,500M Men	1:00 p.m.	Triple Jump Men & Women
12:20 p.m.	400M Women		(Follows Long Jump)
12:40 p.m.	400M Men	2:00 p.m.	Discus Men
12:55 p.m.	Awards Presentation		Shot Put Women
1:05 p.m.	100H Women		High Jump Men
1:35 p.m.	110H Men		
1:50 p.m.	100M Women		
2:05 p.m.	100M Men		
2:20 p.m.	800M Women		