

Date **Friday, April 12th, 2013**

Decathlon

2:00 PM 100 Meter Men
2:40 PM Long Jump Men
3:40 PM Shot Put Men
4:40 PM High Jump Men
6:50 PM 400 Meters Men

Heptathlon

2:30 PM 100 Hurdles Women
3:05 PM High Jump Women
4:30 PM Shot Put Women
6:00 PM 200 Meters Women

Running and Field Events

2:00 PM Long Jump Women
2:00 PM Hammer Women
2:00 PM Javelin Men
3:00 PM Pole Vault Men
5:00 PM Hammer Men
5:00 PM Javelin Women
5:00 PM Long Jump Men
5:45 PM 3K Steeple Women
6:00 PM 3K Steeple Men
6:15 PM 10K Women
7:00 PM 10K Men

Date **Saturday, April 13th, 2013**

Decathlon

10:00 AM 110 Hurdles Men
10:40 AM Discus Men
11:30 AM Pole Vault Men
1:30 PM Javelin Men
2:20 PM 1500 Meters Men

Heptathlon

10:00 AM Long Jump Women
11:10 AM Javelin Women
11:50 AM 800 Meters Women

Field Events

12:00 PM Discus Men
12:00 PM Shot Put Women
12:00 PM Triple Jump Women
1:00 PM High Jump Women
2:00 PM Pole Vault Women
2:30 PM Discus Women
2:30 PM Triple Jump Men
2:30 PM Shot Put Men
3:00 PM High Jump Men

Running Events

12:10 PM 4 X 100 Relay Women
12:15 PM 4 X 100 Relay Men
12:20 PM 1500 Meters Women
12:40 PM 1500 Meters Men
1:00 PM 110 Hurdles Men
1:10 PM 100 Hurdles Women
1:25 PM 400 Meters Women
1:35 PM 400 Meters Men
1:45 PM 100 Meters Women
1:55 PM 100 Meters Men
2:05 PM 800 Meters Women
2:15 PM 800 Meters Men
2:40 PM 400 Hurdles Women
3:00 PM 400 Hurdles Men
3:15 PM 200 Meters Women
3:30 PM 200 Meters Men
3:45 PM 5K Women
4:15 PM 5K Men
4:40 PM 4 X 400 Women
4:50 PM 4 X 400 Men

Entries are due by Tuesday April 9th by 5:00 PM Through Direct Athletics