

All Times Are Eastern (EST)

WEDNESDAY (MEN)

Hammer – 10 AM (**Orry Willems & Ben Fiser**)

Javelin – 2:30 PM (**Ryan Rieckmann**)

1500m – 6:30 PM (**Jed Helker**)

400m Hurdle – 8:20 PM (**Camden Beatty**)

THURSDAY (WOMEN) + MEN SHOT PUT

Hammer – 8 AM (**Miranda Tcheutchoua & Hannah Blood**)

Shot Put (M) – 12:30 PM (**Fred Moudani-Likibi & Korbin Spencer**)

100m Hurdle – 2:30 PM (**Macaela Walker**)

100m – 3:30 PM (**Kya Epps**)

400m – 3:55 PM (**Davenae Fagan**)

400m Hurdle – 4:50 PM (**Macaela Walker**)

200m – 5:15 PM (**Kya Epps & Davenae Fagan**)

10,000M – 9:10 PM (**Claire Curtsinger**)

FRIDAY (MEN) + WOMEN SHOT PUT

Shot Put (W) – 10 AM (**Amanda Ngandu Ntumba**)

Discus – 1 PM (**Korbin Spencer**)

Triple Jump – 2:30 PM (**Astley Davis**)

1500m – 5:15 PM (**Jed Helker**)

SATURDAY (WOMEN)

Discus – 1 PM (**Amanda Ngandu Ntumba**)

100m – 6:35 PM (**Kya Epps**)

400m – 6:50 PM (**Davenae Fagan**)

400m Hurdle – 7:25 PM (**Macaela Walker**)

200m – 7:50 PM (**Kya Epps**)