



#### || THE SYKES & SABOCK CHALLENGE CUP || FINAL TIME SCHEDULE ||

#### PENTATHALON – FRIDAY

1:30 PM	60 Meter Hurdles
	High Jump
	Shot Put
	Long Jump
	800 Meter Run

#### FIELD EVENTS – DAY ONE

5:00 PM	Women Weight Throw 20 lb	Finals
6:00 PM	Women Pole Vault (Front Runway)	Finals
6:00 PM	Women Long Jump (Back Runway)	Finals
6:00 PM	Men Long Jump (Front Runway)	Finals
7:00 PM	Men Weight Throw 35 lb	Finals

#### TRACK EVENTS – DAY ONE

5:00 PM	Mixed 1 Mile Run NVRC	Finals
6:15 PM	Men 60 Meter Hurdles	Prelims
6:30 PM	Women 60 Meter Hurdles	Prelims
6:45 PM	Men 60 Meter Dash	Prelims
7:00 PM	Women 60 Meter Dash	Prelims
7:10 PM	Men Distance Medley	Finals
7:25 PM	Women Distance Medley	Finals
7:45 PM	Men 60 Meter Hurdles	Finals
7:50 PM	Women 60 Meter Hurdles	Finals
7:55 PM	Men 60 Meter Dash	Finals
8:00 PM	Women 60 Meter Dash	Finals
8:05 PM	Paralympic 60 Meter	Finals
8:10 PM	Men 5000 Meter Run	Finals
8:25 PM	Women 5000 Meter Run	Finals

#### FIELD EVENTS – DAY TWO

11:00 AM	Men Pole Vault (Front Runway)	Finals
11:00 AM	Men Shot Put	Finals
11:00 AM	Men High Jump	Finals
11:00 AM	Women High Jump	Finals
1:00 PM	Women Shot Put	Finals
1:30 PM	Women Triple Jump (Front Runway)	Finals
1:30 PM	Men Triple Jump (Back Runway)	Finals

#### TRACK EVENTS – DAY TWO

12:00 PM	Men 1 Mile Run	Finals
12:15 PM	Women 1 Mile Run	Finals
12:30 PM	Men 400 Meter Dash	Finals
12:50 PM	Women 400 Meter Dash	Finals
1:10 PM	Men 800 Meter Run	Finals
1:20 PM	Women 800 Meter Run	Finals
1:30 PM	Joe Kovacs Recognition Ceremony	
1:40 PM	Men 600 Meter Run	Finals
1:50 PM	Women 600 Meter Run	Finals
2:05 PM	Men 200 Meter Dash	Finals
2:15 PM	Women 200 Meter Dash	Finals
2:30 PM	Paralympic 200 Meter – Followed by Wounded Warrior Presentation	Finals
2:45 PM	Men 3000 Meter Run	Finals
3:00 PM	Women 3000 Meter Run	Finals
3:15 PM	Men 4x400 Meter Relay	Finals
3:25 PM	Women 4x400 Meter Relay	Finals