



SCHEDULE OF EVENTS

SATURDAY, APRIL 13, 2019



FIELD EVENTS

- 12:00 p.m. (M) Hammer (*women to follow*) – 1 Flight (M) / 2 Flights (W)
(W) Discus (*men to follow*) – 2 Flights (W) / 2 Flights (M)
(W) Pole Vault (*men to follow*) – 1 Flight Each
- 2:00 p.m. (M) High Jump (*women to follow*) – 1 Flight (M) / 1 Flight (W)
- 2:30 p.m. (W) Long Jump (*outside pit*) – 1 Flight
(M) Long Jump (*inside pit*) – 2 Flights
- 5:00 p.m. (M) Shot Put (*women to follow*) – 2 Flights (M) / 2 Flights (W)
(W) Javelin (*men to follow*) – 1 Flight Each
- 5:30 p.m. (W) Triple Jump (*inside pit*) – 1 Flight
(M) Triple Jump (*outside pit*) – 1 Flight

EARLY RUNNING SECTIONS

- 2:00 p.m. (M) 110m Hurdles (*unseeded*) – Section 1
- 2:05 p.m. (W) 1,500m – Section 1
- 2:12 p.m. (M) 1,500m – Section 1
- 2:18 p.m. (W) 3,000m – Section 1
- 2:32 p.m. (M) 3,000m – Section 1
- 2:45 p.m. (W) 100m – Section 1
- 2:50 p.m. (M) 100m – Sections 1, 2
- 3:00 p.m. (W) 400m – Section 1
- 3:05 p.m. (M) 400m – Sections 1, 2
- 3:10 p.m. (W) 800m – Section 1
- 3:15 p.m. (M) 800m – Section 1
- 3:20 p.m. (M) 400m Hurdles – Section 1

PREMIER SECTIONS

**The 200m will be seeded 30 minutes prior to race time*

- | | |
|---|---|
| 3:30 p.m. Senior Recognition | 6:15 p.m. (M) Larry Wiecezorek 1,500m – Section 2 |
| 3:40 p.m. National Anthem | 6:20 p.m. (W) 3,000m – Section 2 |
| 3:45 p.m. (W) 4x100m – Section 1 | 6:35 p.m. (M) 3,000m – Section 2 |
| 3:50 p.m. (M) 4x100m – Section 1 | 6:50 p.m. (W) 4x400m Relay – Section 1 |
| 3:55 p.m. Herky Kid's Race | 7:00 p.m. (M) 4x400m Relay – Section 1 |
| 4:00 p.m. (W) 3,000m Steeple – Section 1 | |
| 4:15 p.m. (M) 3,000m Steeple – Section 1 | |
| 4:30 p.m. (W) 100m Hurdles – Sections TBD | |
| 4:40 p.m. (M) 110m Hurdles – Sections TBD | |
| 4:45 p.m. (W) 600m – Section 1 | |
| 4:50 p.m. (M) 600m – Section 1 | |
| 4:55 p.m. (W) 100m – Sections 2, 3 | |
| 5:00 p.m. (M) 100m – Sections 3, 4 | |
| 5:05 p.m. (W) 400m – Sections 2, 3 | |
| 5:15 p.m. (M) 400m – Sections 3, 4 | |
| 5:20 p.m. (W) 800m – Section 2 | |
| 5:20 p.m. (M) 800m – Section 2 | |
| 5:25 p.m. (W) 400m Hurdles – Section 1 | |
| 5:30 p.m. (M) 400m Hurdles – Section 2 | |
| 5:35 p.m. (W) 200m – Sections 1, 2, 3, 4, 5 | |
| 5:50 p.m. (M) 200m – Sections 1, 2, 3, 4, 5, 6 | |
| 6:10 p.m. (W) Larry Wiecezorek 1,500m – Section 2 | |