THURSDAY, APRIL 28
RUNNING EVENTS
7 p.m. 5,000m

FRIDAY, APRIL 29
FIELD EVENTS
10 a.m. Hammer Women followed by Men
Discus Men followed by Women
Pole Vault Women followed by Men
High Jump Women followed by Men
Long Jump Men followed by Women
Triple Jump Men followed by Women
   (triple jump will follow the long jump)
Javelin Men followed by Women
3 p.m. Shot Put
   (first-finishing gender from hammer/discus
determines shot put order)

NATIONAL ANTHEM

RUNNING EVENTS
11 a.m. 100m Hurdles Women
110m Hurdles Men
4x100m Relay Women
4x100m Relay Men
1500m Women
1500m Men
400m Women
400m Men
100m Women
100m Men
800m Women
800m Men
400m Hurdles Women
400m Hurdles Men
200m Women
200m Men
4x400m Relay Women
4x400m Relay Men

SENIOR RECOGNITION CEREMONY
3,000m Steeple Women
3,000m Steeple Men
5,000m Men (Section 1)
5,000m Women (Section 1)
5,000m Men (Section 2)
5,000m Women (Section 2)
5,000m Men (Section 3)
5,000m Women (Section 3)
5,000m Men (Section 4)

• Fast heats will run first EXCEPT in the Steeple and 5K. Those races will go from slow to fast.
• Time schedule will be updated after entries close