

# Schedule Of Events

March 28th - March 30

Thursday – 28 <sup>th</sup>	Friday – 29 <sup>th</sup>	Saturday – 30 <sup>th</sup>
<u>Field Events</u> Time Event 9:00am Women Discus -Section B (offsite) Followed by Men Discus - Section B(offsite)  12:00pm Women's Discus - Section A Followed by Men's Discus - Section A  1:00pm Women Pole Vault- Section B Followed by Men Pole Vault Section B  1:00pm Women Long Jump- Section B Followed by Men Long Jump Section B  4:00pm Women Javelin- Section B (offsite) Followed by Men Javelin- Section B (offsite)  6:00pm Men's Javelin- Section A (infield) Followed by Women's Javelin- Section A (infield)	<u>Field Events</u> Time Event 10:00am Women's Hammer - Section B (Offsite) Followed by Men's Hammer - Section B (Offsite)  10:00am Men High Jump- 2 pits  1:00pm Women's Long Jump- Section A Followed by Men's Long Jump Section A  3:00pm Women's Pole Vault- Section A Followed by Men's Pole Vault Section A  2:30pm Men Shot Put- Section B (South Ring)  2:30pm Women's Shot Put - Section B (North Ring)	<u>Field Events</u> Time Event 10:00am Men's Hammer - Section A Followed by Women - Section A  10:00am Women's High Jump- 2 pits  10:00 am Women's Triple Jump Followed by Men  2:30pm Men's Shot Put-Section A (South Ring) Followed by Women's Shot Put- Section A (South Ring)

**\*\*Estimated Schedule\*\* Times are tentative**

**Thursday- 28th**

## Running Events

6:00pm Women's 800 (max 8 heats)  
6:30pm Men's 800m (max 8 heats)  
7:00pm Women's 3000 M Steeplechase (2 heats)  
7:30pm Men's 3000m steeplechase (2 Heats)  
8:00pm Women's 5000m(1 heat)  
8:20pm Men's 5000m 2 heat  
9:00pm Women's 10,000m (1 Heat)  
9:40pm Men's 10,000m (1 Heat)

**Friday - 29th**

## Running Events

6:00pm Women's 400m Hurdles (8 Heats)  
6:40pm Men's 400m Hurdles (8 Heats)  
7:30pm Women's 200m (8 Heats)  
8:00pm Men's 200m (8 Heats)  
8:30pm Women's 1500m (4 Heats)  
9:00pm Men's 1500m (4 Heats)

**Saturday 30th**

## Running Events

1:30pm Women's 4x100m (4 Heats)  
1:50pm Men's 4x100m (4 Heats)  
2:05pm Women's Dist. Medley (1 Heat)  
2:20pm Men's Dist. Medley (1 Heat)  
2:35pm Women's 100m Hurdles (8 Heats)  
3:00pm Men's 110m Hurdles (8 Heat)  
3:30pm Women's 400m (8 Heats)  
3:50pm Men's 400m (8 Heats)  
4:10pm Women's 100m (8 Heats)  
4:25pm Men's 100m (8 Heats)  
4:45pm Women's 4x400m(4 Heats)  
5:10pm Men's 4x400m (4 Heats )