

VII. SCHEDULE OF EVENTS

Saturday: May 7th Field Events

11:00 AM Men's Hammer Throw
11:00 AM Men's Pole Vault
11:00 AM Men's Long Jump
12:00 PM Men's Javelin Throw
1:30 PM Women's Hammer Throw
3:00 PM Women's Long Jump
3:00 PM Women's Pole Vault
3:00 PM Women's Javelin Throw

Saturday: May 7th Running Events

1:00 PM Men's 1500m Trials
1:20 PM Men's 110mH Trials
1:35 PM Men's 400m Trials
1:45 PM Men's 100m Trials
1:55 PM Men's 800m Trials
2:10 PM Men's 400mH Trials
2:25 PM Men's 200m Trials
3:05 PM Women's 1500m Trials
3:25 PM Women's 100mH Trials
3:35 PM Women's 400m Trials
3:45 PM Women's 100m Trials
3:55 PM Women's 800m Trials
4:10 PM Women's 400mH Trials
4:25 PM Women's 200m Trials
8:00 PM Men's 10,000m Finals
8:40 PM Women's 10,000m Finals

Saturday: May 7th Decathlon

11:00AM 100m
TBD Long Jump
TBD Shot Put
TBD High Jump
TBD 400m

Saturday: May 7th Heptathlon

11:30AM 100mH
TBD High Jump
TBD Shot Put
TBD 200m

Sunday: May 8th Field Events

11:00 AM Women's High Jump
11:00 AM Men's Triple Jump
11:00 AM Men's Shot Put
12:30 PM Women's Discus Throw
2:00 PM Men's High Jump
2:00 PM Women's Triple Jump
2:00 PM Women's Shot Put
2:30 PM Men's Discus Throw

Sunday: May 8th Running Events

11:15 AM Men's 3000mSC (Sec 2 if nec)
11:30 AM Women's 3000mSC (Sec 2 if nec)
11:45 AM Men's 3000mSC (Sec. 1)
12:00 PM Women's 3000mSC (Sec. 1)
12:20 PM Men's 400m Relay
12:30 PM Women's 400m Relay
12:40 PM Men's 1500m Final
12:50 PM Women's 1500m Final
1:05 PM Men's 110mH Final
1:15 PM Women's 100mH Final
1:25 PM Men's 400m Final
1:35 PM Women's 400m Final
1:45 PM Men's 100m Final
1:50 PM Women's 100m Final
1:55 PM Men's 800m Final
2:05 PM Women's 800m Final
2:15 PM Men's 400mH Final
2:25 PM Women's 400mH Final
2:35 PM Men's 200m Final
2:40 PM Women's 200m Final
2:45 PM Men's 5000m Final
3:05 PM Women's 5000m Final
3:25 PM Men's 3200m Relay
3:40 PM Women's 3200m Relay
3:55 PM Men's 1600m Relay
4:00 PM Women's 1600m Relay
4:20 PM Awards Ceremony

Sunday: May 8th Decathlon

10:30 AM 110mH
TBD Discus
TBD Pole Vault
TBD Javelin
TBD 1500m

Sunday: May 8th Heptathlon

11:00 AM Long Jump
TBD Javelin
TBD 800m