



# Empire 8 Championship

Sunday, April 19, 2015, St. John Fisher College

Polisseni Track and Field Complex

Order of Events

<b>FIELD EVENTS</b>	
10:30 a.m.	Men's Hammer - followed by Men's Shot Put
10:30 a.m.	Women's Shot Put – followed by Women's Hammer
11:00 a.m.	Men's Long Jump – followed by Women's Long Jump – followed by Men's Triple Jump – followed by Women's Triple Jump
11:00 a.m.	Women's High Jump – followed by Men's High Jump
11:15 a.m.	Women's Pole Vault – followed by Men's Pole Vault
1:00 p.m.	Men's Discus – followed by Men's Javelin
1:00 p.m.	Women's Javelin – followed by Women's Discus
<b>Running Events</b>	
11:30	Women's 100 Hurdle Semifinals
11:45	Men's 110 Hurdle Semifinals
11:55	Women's 100 Meters Semifinals
12:05	Men's 100 Meters Semifinals
12:15	Women's 3,000 Meter Steeplechase
12:35	Men's 3,000 Meter Steeplechase
12:50	Women's 4 x 100 Meter Relay
1:00	Men's 4 x 100 Meter Relay
1:05	Women's 1500 Meter
1:15	Men's 1500 Meter
1:25	Men's 110 Hurdle Finals
1:35	Women's 100 Hurdle Finals
1:45	Women's 400 Meter
1:55	Men's 400 Meter
2:05	Women's 100 Meter Final
2:10	Men's 100 Meter Final
2:15	Women's 800 Meter
2:25	Men's 800 Meter
2:35	Women's 400 Hurdles
2:45	Men's 400 Hurdles
2:55	Women's 200 Meters
3:10	Men's 200 Meters
3:25	Women's 5,000 Meters
3:50	Men's 5,000 Meters
4:10	Women's 4 x 400 Meter Relay