

Championship Schedule of Events - EVEN YEAR (Men followed by Women)

Day 1 - Field and Running Events

<u>Time</u>	<u>Event</u>	<u>Gender</u>	<u>Round</u>
10:30-11:30am	Implement Certification		
10:45am	Coaches Meeting		
11:55am	National Anthem		
12:00pm	Weight Throw	Men	Prelims & Final
	Long Jump	Women	Prelims & Final
	High Jump	Men	Finals
2:30pm	Weight Throw	Women	Prelims & Final
	Long Jump	Men	Prelims & Final
	High Jump	Women	Finals

<u>Time</u>	<u>Event</u>	<u>Gender</u>	<u>Round</u>
3:30pm	60m Hurdles	Men	Prelims
3:45pm	60m Hurdles	Women	Prelims
3:55pm	5,000m Run	Men	Final
4:40pm	5,000m Run	Women	Final
5:25pm	60m Dash	Men	Prelims
5:35pm	60m Dash	Women	Prelims
5:55pm	Distance Medley Relay	Men	Final
6:15pm	Distance Medley Relay	Women	Final

Day 2 - Field and Running Events

<u>Time</u>	<u>Event</u>	<u>Gender</u>	<u>Round</u>
10:30-11:30am	Implement Certification		
10:55am	National Anthem		
11:00am	Pole Vault	Women	Final
12:00pm	Shot Put	Men	Prelims & Final
	Triple Jump	Men	Prelims & Final
2:00pm	Pole Vault	Men	Final
2:30pm	Shot Put	Women	Prelims & Final
	Triple Jump	Women	Prelims & Final

<u>Time</u>	<u>Event</u>	<u>Gender</u>	<u>Round</u>
2:30pm	Mile Run	Men	Finals
2:45pm	Mile Run	Women	Finals
3:10pm	60m Hurdles	Men	Final
3:20pm	60m Hurdles	Women	Final
3:35pm	400m Dash	Men	Finals
3:50pm	400m Dash	Women	Finals
4:15pm	60m Dash	Men	Final
4:20pm	60m Dash	Women	Final
4:30pm	800m Run	Men	Finals
4:45pm	800m Run	Women	Finals
5:00pm	200m Dash	Men	Finals
5:10pm	200m Dash	Women	Finals
5:20pm	3,000m Run (Unseeded)	Men	Finals
5:35pm	3,000m Run (Unseeded)	Women	Finals
5:55pm	3,000m Run (Seeded)	Men	Finals
6:10pm	3,000m Run (Seeded)	Women	Finals
6:25pm	4x400m Relay	Men	Finals
6:40pm	4x400m Relay	Women	Finals
7:10pm	Awards Presentation		