

Schedule of Events

<u>Time</u>	<u>Women's Events</u>	<u>Men's Events</u>
3 p.m. (Fri.)		60m Dash (Heptathlon)
3:45 p.m. (Fri.)		Long Jump (Heptathlon)
5:35 p.m. (Fri.)		Shot Put (Heptathlon)
7:25 p.m. (Fri.)		High Jump (Heptathlon)
9:30 a.m.		60m Hurdles (Heptathlon)
10 a.m.	60m Hurdles (Pentathlon) Weight Throw	Pole Vault (Heptathlon)
10:30 a.m.	Long Jump	
10:40 a.m.	High Jump (Pentathlon)	
11:30 a.m.	Distance Medley Relay	Distance Medley Relay
12 p.m.	60m Hurdle trials	60m Hurdle trials High Jump Long Jump
12:30 p.m.	60m Dash trials Shot Put (Pentathlon)	60m Dash trials Pole Vault
12:50 p.m.	4x200 Relay	4x200 Relay
1 p.m.		Weight Throw 1,000m Run (Heptathlon)
1:10 p.m.	Mile Run	Mile Run
1:30 p.m.	60m Hurdle final	60m Hurdle final
1:45 p.m.	400m Dash Long Jump (Pentathlon)	400m Dash
2:10 p.m.	60m Dash final	60m Dash final
2:15 p.m.	Triple Jump	
2:20 p.m.	800m Run	800m Run
2:30 p.m.	High Jump Pole Vault Shot Put	
2:45 p.m.	200m Dash	200m Dash
3:10 p.m.	800m Run (Pentathlon)	
3:15 p.m.	5,000m Run	
3:30 p.m.		Shot Put Triple Jump
3:40 p.m.		5,000m Run
4 p.m.	4x800 Relay	4x800 Relay
4:30 p.m.	4x400 Relay	4x400 Relay
4:45 p.m.	Awards Ceremony	

Women then Men in all running events except in the 60m hurdle finals
Six places score points for all events: 10-8-6-4-2-1

Meet Results: GoMACSports.com