FIELD EVENTS

10:00 AM  WOMEN WEIGHT THROW -- MEN TO FOLLOW
WOMEN SHOT PUT - FOLLOWING WOMEN WT - MEN SHOT PUT TO FOLLOW
WOMEN LONG JUMP - MEN TO FOLLOW
WOMEN TRIPLE JUMP -- TO FOLLOW MEN LJ - MEN TRIPLE JUMP TO FOLLOW WOMEN TJ

11:00 AM  WOMEN HIGH JUMP -- MEN TO FOLLOW
WOMEN POLE VAULT -- MEN TO FOLLOW

RUNNING EVENTS

11:00 AM  WOMEN 5000 - 1 SECTION  2:20 PM  WOMEN 400 - 8 SECTIONS
11:25 AM  MEN 5000 - 2 SECTIONS  2:45 PM  MEN 400 - 12 SECTIONS
11:55 AM  WOMEN 1000 - 1 SECTION  3:15 PM  WOMEN 800 - 4 SECTIONS
NOON      MEN 1000 - 1 SECTION    3:35 PM  MEN 800 - 4 SECTIONS
12:10 PM  WOMEN 60 HURDLES - 6 SECTIONS  3:50 PM  WOMEN 200 - WILL SEED ON FLY
12:30 PM  MEN 60 HURDLES - 5 SECTIONS  4:20 PM  MEN 200 - WILL SEED ON FLY
12:50 PM  WOMEN 60 - 7 SECTIONS    4:50 PM  WOMEN 3000 - 2 SECTIONS
1:10 PM   MEN 60 - 9 SECTIONS      5:20 PM  MEN 3000 - 2 SECTIONS
1:35 PM   WOMEN 1 MILE - 3 SECTIONS  5:45 PM  WOMEN 4X400 RELAY - 3 SECTIONS
1:55 PM   MEN 1 MILE - 4 SECTIONS   6:00 PM  MEN 4X400 RELAY - 4 SECTIONS

ESTIMATED CONCLUSION OF THE MEET ~ 6:30PM
ALL RUNNING EVENTS WILL BE SECTIONS AGAINST TIME. SEEDED SLOW TO FAST. NO PRELIMS IN THE 60M OR 60H.
ATHLETES PARTICIPATING IN THE 200M WILL NEED TO DECLARE THEIR INTENT TO RUN OR THEY WILL BE SCRATCHED.