

MEET SCHEDULE

Even years Women run first, odd years Men run first.

*All Times Approximate

FRIDAY, APRIL 29th

Heptathlon Day 1

9:00AM 100H

*9:45AM High Jump

*11:30AM Shot Put

*12:30PM 200m

Decathlon Day 1

9:25AM 100m

*10:10AM Long Jump

*11:30AM Shot Put

*12:30PM High Jump

*2:00PM 400m

Field Events

12:00PM Men's Hammer

2:30PM Women's Hammer

2:00PM Women's Long Jump

4:30PM Men's Long Jump

2:00PM Women's Pole Vault

Running Events:

2:00PM Women's 1500m Prelim

2:15PM Men's 1500m Prelim

2:30PM Women's 400m Prelim

2:45PM Men's 400m Prelim

3:00PM Women's 100m Prelim

3:15PM Men's 100m Prelim

3:30PM Women's 400m Hurdle Prelim

3:45PM Men's 400m Hurdle Prelim

7:00PM Women's 10,000m Final

7:45PM Men's 10,000m Final

SATURDAY, APRIL 30th

Heptathlon Day 2:

9:45AM Long Jump

*10:45AM Javelin Throw

*11:45AM 800m

Decathlon Day 2

9:45AM 110H

*10:30AM Discus Throw

*11:55AM Pole Vault

*2:55PM Javelin Throw

*3:55PM 1500m

Field Events

2:00PM Women's Discus

4:30PM Men's Discus

4:00PM Men's Pole Vault

5:00PM Men's High Jump

Running Events:

4:30PM Women's 200m Prelim

4:45PM Men's 200m Prelim

5:00PM Women's 800m Prelim

5:15PM Men's 800m Prelim

5:35PM Women's 100m Hurdle Prelim

5:55PM Men's 110m Hurdle Prelim

6:15PM Women's 3000 SC Final

6:45PM Men's 3000 SC Final

SUNDAY, MAY 1ST

Field Events:

9:30AM Women's Triple Jump
11:30AM Men's Triple Jump
9:45AM Women's Shot Put
11:45AM Men's Shot Put
11:15AM Women's High Jump
9:45AM Men's Javelin
11:45AM Women's Javelin

Running Events:

11:00AM Women's 4x100m Relay Final
11:10AM Men's 4x100m Relay Final
11:20AM Women's 1500m Final
11:30AM Men's 1500m Final
11:45 AM Women's 100m Hurdle Final
11:55AM Men's 110m Hurdle Final

--- Official's Lunch Break---

12:05PM Women's 400m Final
12:10PM Men's 400m Final
12:15PM Women's 100m Final
12:20PM Men's 100m Final
12:25PM Women's 800m Final
12:30PM Men's 800m Final
12:40PM Women's 400m Hurdle Final
12:45PM Men's 400m Hurdle Final
12:55PM Women's 200m Final
1:00PM Men's 200m Final
1:05PM Women's 5000m Final
1:30PM Men's 5000m Final
1:55PM Women's 4x400m Relay Final
2:10PM Men's 4x400m Relay Final
2:30PM Season Awards Presentation