

Running Events

****This will be a rolling schedule starting at 10:00am****

10:00	College Women 60m Hurdle Prelims (33")	5:20	College Men 3000m Run
10:10	High School/Open Women 60m Hurdle Prelims(33")	5:35	High School/Open Men 3200m Run
10:20	College Men 60m Hurdle Prelims (42")	6:00	College Women's Invitational 1000m Run
10:30	High School/Open Men 60m Hurdle Prelims (39")	6:05	College Women 4x400m Relay
10:40	College Women 60m Dash Prelims	6:10	High School/Open Women 4x400m Relay
10:50	High School/Open Women 60m Dash Prelims	6:20	College Men 4x400m Relay
11:00	College Men 60m Dash Prelims	6:25	High School/Open Men 4x400m Relay
11:10	High School/Open Men 60m Dash Prelims		
11:30	College Women 500m Dash		
11:35	College Men 500m Dash		
11:45	College Women 400m Dash		
11:55	High School/Open Women 400m Dash		
12:05	College Men 400m Dash		
12:10	High School/Open Men 400m Dash		
12:35	College Women 1 Mile Run		
12:45	High School/Open Women 1600m Run		
1:00	College Men 1 Mile Run		
1:10	High School/Open Men 1600m Run		
1:45	College Women 60m Dash Final		
1:50	High School/Open Women 60m Dash Final		
1:55	College Men 60m Dash Final		
2:00	High School/Open Men 60m Dash Final		
2:15	College Women 60m Hurdle Final (33")		
2:20	High School/Open Women 60m Hurdle Final (33")		
	College Men 60m Hurdle Final (42")		
	High School/Open Men 60m Hurdle Final (39")		
2:30	College Women 800m Run		
2:35	High School/Open Women 800m Run		
2:55	College Men 800m Run		
3:05	High School/Open Men 800m Run		
3:35	College Women 200m Dash		
3:45	High School/Open Women 200m Dash		
4:05	College Men 200m Dash		
4:15	High School/Open Men 200m Dash		
4:50	College Women 3000m Run		
5:05	High School/Open Women 3200m Run		

Field Events

10:00am: College Men Triple Jump, Women to Follow
College Women High Jump, Men to Follow
College Women Pole Vault, Men to Follow **(Runway opens at 9am)**
College Men Weight Throw, Women to Follow

12:00pm: College Men Long Jump, Women to Follow

12:30pm: High School/Open Men Long Jump, Women to Follow
High School/Open Women High Jump, Men to Follow
College Men Shot Put, Women to Follow

1:00pm: High School/Open Women Pole Vault, Men to Follow

3:00pm: High School/Open Men Shot Put, Women to Follow

****NOTE:** The Start times for the field events are approximate. As with the running events, we will move ahead the start times for the field events to ensure they are completed before the conclusion of the running events. Please make your athletes aware. We will make calls as to the events moving ahead.**