SCHEDULE OF EVENTS

Friday Running Events

Time	Event	Gender	Section
3:00 PM	100 Meter Hurdles	Women	
3:15 PM	110 Meter Hurdles	Men	
3:25 PM	400 Meters	Women	
3:40 PM	400 Meters	Men	
3:57 PM	100 Meters	Women	
4:15 PM	100 Meters	Men	
4:30 PM	3,000 Meter Steeplechase	Women	
4:45 PM	3,000 Meter Steeplechase	Men	
5:00 PM	800 Meters	Women	
5:13 PM	800 Meters	Men	
5:25 PM	400 Meter Hurdles	Women	
5:35 PM	400 Meter Hurdles	Men	
5:47 PM	1,500 Meters	Women	
6:07 PM	1,500 Meters	Men	
6:25 PM	200 Meters	Women	
6:45 PM	200 Meters	Men	
7:00 PM	4 x 1,500 Meters Relay	Women	
7:25 PM	4 x 1,500 Meters Relay	Men	
7:45 PM	Sprint Medley Relay	Women	
7:53 PM	Sprint Medley Relay	Men	
8:05 PM	5,000 Meters	Women	

SATURDAY – NATIONAL RELAY CHAMPIONSHIPS

Time	Event	Gender	Section
7:02 PM	4 x 100 Meter Relay	Women	
7:12 PM	4 x 100 Meter Relay	Men	
7:20 PM	4 x 800 Meter Relay	Women	
7:35 PM	4 x 800 Meter Relay	Men	
7:46 PM	4 x 200 Meter Relay	Women	
7:51 PM	4 x 200 Meter Relay	Men	
7:58 PM	Distance Medley Relay	Women	
8:14 PM	Distance Medley Relay	Men	
8:28 PM	4 x 400 Meter Relay	Women	
8:43 PM	4 x 400 Meter Relay	Men	

Friday Field Events

Time	Event	Gender	Section
11:00 AM	Hammer Throw	Women	
12:35 PM	Javelin Throw	Men	
2:10 PM	Discus Throw	Men	
4:00 PM	Long Jump	Men	
4:10 PM	Long Jump	Women	
4:45 PM	Discus Throw	Women	
5:00 PM	High Jump	Men	Invitational
5:00 PM	High Jump	Women	Invitational
6:00 PM	Long Jump	Men	Invitational
6:15 PM	Long Jump	Women	Invitational

Saturday Field Events

Time	Event	Gender	Section
10:45 AM	Hammer Throw	Men	
1:20 PM	Javelin Throw	Women	
1:30 PM	Pole Vault	Men	
1:30 PM	Pole Vault	Women	
3:00 PM	Triple Jump	Men	
3:00 PM	Triple Jump	Women	
3:30 PM	Shot Put	Men	
3:30 PM	Shot Put	Women	
4:30 PM	Triple Jump	Men	Invitational
4:30 PM	Triple Jump	Women	Invitational
5:00 PM	Pole Vault	Men	Invitational
5:00 PM	Pole Vault	Women	Invitational