



**FIELD EVENTS**

10:00 AM	Long Jump	Men	(1 FLIGHT)
followed by	Long Jump	Women	(1 FLIGHT)
followed by	Triple Jump	Men	(1 FLIGHT)
followed by	Triple Jump	Women	(1 FLIGHT)
10:00 AM	Weight Throw	Women	(2 FLIGHTS)
followed by	Weight Throw	Men	(1 FLIGHT)
followed by	Shot Put	Women	(1 FLIGHT)
followed by	Shot Put	Men	(1 FLIGHT)
11:00am	Pole Vault	Women followed by Men	
12:00pm	High Jump	Men followed by Women	

**RUNNING EVENTS**

12:00 PM	60 M Hurdles – Prelim	Women	(3 HEATS)
12:10 PM	60 M Hurdles – Prelim	Men	(2 HEATS)
12:20 PM	60 M Dash – Prelim	Women	(3 HEATS)
12:25 PM	60 M Dash – Prelim	Men	(3 HEATS)
12:35 PM	1000 M Run	Women	(1 SECTION)
12:40 PM	1000 M Run	Men	(2 SECTIONS)
12:50 PM	Mile Run	Women	(1 SECTION)
1:00 PM	Mile Run	Men	(1 SECTION)
1:10 PM	400 M Dash	Women	(3 HEATS)
1:15 PM	400 M Dash	Men	(5 HEATS)
1:30	60 M Hurdles – Final	Women	(2 HEATS)
1:35 PM	60 M Hurdles – Final	Men	(2 HEATS)
1:40 PM	60 M Dash – Final	Women	(2 HEATS)
1:45 PM	60 M Dash – Final	Men	(2 HEATS)
1:50 PM	800 M Run	Women	(1 SECTION)
1:55 PM	800 M Run	Men	(1 SECTION)
2:00 PM	200 M Dash	Women	(5 HEATS)
2:10 PM	200 M Dash	Men	(5 HEATS)
2:20 PM	3000 M Run	Women	(1 SECTION)
2:35 PM	3000 M Run	Men	(2 SECTIONS)
3:00 PM	4x400 M Relay	Women	(1 HEAT)
3:05 PM	4x400 M Relay	Men	(2 HEATS)