February $4^{\text {th }}-5^{\text {th }}, 2022$

## Friday, February 4 ${ }^{\text {th }}$

| Women's Pentathlon |  |
| :--- | :--- |
| $11: 30 \mathrm{am}$ | 60 M. Hurdles |
|  | High Jump |
|  | Shot Put |
|  | Long Jump |
|  | 800 M. Run |

## Field Events

| 4:00pm | Long Jump | W |
| :---: | :---: | :---: |
| 4:00pm | Weight Throw | W |
| To Follow | Weight Throw | M |
| 5:00pm | Pole Vault | M |
| 6:00pm | High Jump | W |
| 7:00pm | Triple Jump | M |
| Running Events |  |  |
| 4:30pm | 60 M Hurdles - Prelim | W (7 Heats) |
| 4:50pm | 60 M Huurdles Prelim MA |  |
| 4:50pm | 60 M Dash - Prelim | W (8 Heats) |
| 5:10pm | 60 M Dash - Prelim | M (7 Heats) |
| 5:40pm | 600 M Run | W (5 Sections) |
| 6:00pm | 600 M Run | M (5 Sections) |
| 6:20pm | 5000 M Run | W (2 Sections) |
| 7:05pm | 5000 M Run | M (2 Sections) |
| 7:40pm | Distance Medley Relay | W (1 Section) |
| 7:55pm | Distance Medley Relay | M (1 Section) |
| 8:10pm | 200 M Dash | W (11 Sections) |
| 8:35pm | 200 M Dash | M (10 Sections) |

## Saturday, February 5 ${ }^{\text {th }}$

## Field Events

10:30am
10:30am
To Follow
12:00pm
1:00pm
1:30pm

| Triple Jump | W |
| :--- | :--- |
| Shot Put | W |
| Shot Put | M |
| Pole Vault | W |
| High Jump | M |
| Long Jump | M |

Running Events

| 9:45am | 3000 M Run | W (2 Sections) |
| :--- | :--- | :--- |
| 10:15am | 3000 M Run | M (2 Sections) |
| 10:40am | Mile Run | W (3 Sections) |
| 11:00am | Mile Run | M (4 Sections) |
| 11:30am | 60 M Hurdles -Semi | W (2 Heats) |
| 11:40am | 60 M Hurdles - Prelim | M (4 Heats) |
| 11:55am | 60 M Dash - Semi | W (2 Heats) |
| 12:00pm | 60 M Dash - Semi | M (2 Heats) |
| $12: 10 \mathrm{pm}$ | 400 M Dash | W (9 Sections) |
| $12: 35 \mathrm{pm}$ | 400 M Dash | M (9 Sections) |
| $1: 00 \mathrm{pm}$ | 800 M Run | W (4 Sections) |
| $1: 20 \mathrm{pm}$ | 800 M Run | M (6 Sections) |



