



### **Friday, January 30**

#### **Field Events**

4:00 pm - Long Jump (2 Flights) - Women  
4:00 pm - Shot Put (2 Flights) - Women  
4:00 pm - Pole Vault (1 Flight) - Men  
4:00 pm - High Jump (1 Flight) - Men  
6:30 pm - Shot Put (2 Flights) - Men  
6:30 pm - Long Jump (2 Flights) - Men

#### **Running Events – Women / Men (Friday Session)**

4:00 pm - 60 M Hurdles - Qualifying - Women  
4:25 pm - 60 M Hurdles - Qualifying - Men  
4:50 pm - 60 M Dash - Qualifying - Women  
5:10 pm - 60 M Dash - Qualifying - Men  
5:30 pm - 600 M Run - Women  
5:45 pm - 600 M Run - Men  
6:00 pm - Distance Medley Relay - Women  
6:15 pm - Distance Medley Relay - Men  
6:30 pm - 200 M Dash - Women  
7:00 pm - 200 M Dash - Men  
7:30 pm - 5000 M Run - Women  
8:10 pm - 5000 M Run - Men

### **Saturday, January 31**

#### **Field Events**

11:30 am - Triple Jump (2 Flights) - Women  
11:30 am - Adam Beltran Weight Throw (2 Flights) - Women  
1:00 pm - Pole Vault (1 Flight) - Women  
1:00 pm - High Jump (1 Flight) - Women  
2:00 pm - Adam Beltran Weight Throw (2 Flights) - Men  
2:00 pm - Triple Jump (2 Flights) - Men

#### **Running Events – Men / Women (AM Session)**

10:00 am - 3000 M Run - Men  
10:20 am - 3000 M Run - Women  
10:40 am - 800 M Run - Men  
10:55 am - 800 M Run - Women  
11:10 am - 60 M Hurdles - Prelim - Men  
11:25 pm - 60 M Hurdles - Prelim - Women  
11:40 am - 60 M Dash - Prelim - Men  
11:55 am - 60 M Dash - Prelim - Women  
12:10 pm - 400 M Dash - Men  
12:35 pm - 400 M Dash - Women  
1:00 pm - Mile Run - Men  
1:25 pm - Mile Run - Women

#### **Running Events – Women / Men (PM Session)**

2:05 pm - 60 M Hurdles - Final (2 Heats) - Women  
2:10 pm - 60 M Hurdles - Final (2 Heats) - Men  
2:15 pm - 60 M Dash - Final (2 Heats) - Women  
2:15 pm - 60 M Dash - Final (2 Heats) - Men  
2:20 pm - 400 M Dash (2 Heats) - Women  
2:25 pm - 400 M Dash (2 Heats) - Men  
2:30 pm - 800 M Run (2 Heats) - Women  
2:40 pm - 800 M Run (2 Heats) - Men  
2:50 pm - Mile Run (1 Heat) - Women  
3:00 pm - Meyo Mile (1 Heat) - Men  
3:10 pm - 3000 M Run (1 Heat) - Women  
3:30 pm - Ryan Shay 3000 M Run (1 Heat) - Men  
3:45 pm - 4x400 M Relay (1 Heat) - Women  
3:50 pm - 4x400 M Relay (1 Heat) - Men  
4:00 pm - 4x400m Relay - Women  
4:15 pm - 4x400m Relay - Men