



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 pm - 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