



FIELD EVENTS

12:00 PM	Long Jump	Women (1 Flight – 15)
~1:30 PM	Long Jump	Men follows W-LJ (1 Flight – 4)
~2:15 PM	Triple Jump	Women follows M-LJ (1 Flight – 9)
~3:30 pm	Triple Jump	Men follows W-LJ (1 Flight – 5)
12:00 PM	Shot Put	Men (1 Flight – 15)
~1:20 PM	Shot Put	Women follows M-SP (1 Flight – 16)
~2:40 PM	Weight Throw	Men follows W-SP (1 Flight – 16)
~4:00 PM	Weight Throw	Women follows M-SP (1 Flight – 16)
12:30 PM	Pole Vault	Men (1 Flight – 13 / 4.05 - 4.20 - 4.35 ... 4.95)
~3:00 PM	Pole Vault	Women follows M-PV (1 Flight – 13 / 3.15 / 3.30 ... 3.90)
12:30 PM	High Jump	Men (1 Flight – 4 / 1.91 - 1.96 - 2.01 ... 2.16)
~1:45 PM	High Jump	Women follows M-HJ (1 Flight – 13 / 1.46 – 1.51 ... 1.76)

RUNNING EVENTS

12:30 PM	60 M Hurdles – Prelim	Men (3 Heats – Top 6 Times to 1 Heat Final)
12:45 PM	60 M Hurdles – Prelim	Women (4 Heats – Top 6 Times to 1 Heat Final)
1:00 PM	60 M Dash – Prelim	Men (4 Heats – Top 6 Times to 1 Heat Final)
1:10 PM	60 M Dash – Prelim	Women (4 Heats – Top 6 Times to 1 Heat Final)
1:25 PM	Mile Run	Women (3 Heats)
1:45 PM	Mile Run	Men (3 Heats)
2:05 PM	400 M Dash	Women (3 Heats)
2:15 PM	400 M Dash	Men (5 Heats)
2:30 PM	1,000 M Run	Women (1 Heat)
2:35 PM	1,000 M Run	Men (1 Heat)
2:45 PM	60 M Hurdles – Final	Women (6 person - 1 Heat Final)
2:50 PM	60 M Hurdles – Final	Men (6 person - 1 Heat Final)
2:55 PM	60 M Dash – Final	Women (6 person - 1 Heat Final)
2:57 PM	60 M Dash – Final	Men (6 person - 1 Heat Final)
3:05 PM	800 M Run	Women (2 Heats)
3:15 PM	800 M Run	Men (2 Heats)
3:25 PM	200 M Dash	Women (5 Heats)
3:35 PM	200 M Dash	Men (4 Heats)
3:50 PM	3,000 M Run	Women (2 Heats)
4:15 PM	3,000 M Run	Men (2 Heats)
4:40 PM	4x400 M Relay	Women (2 Heats)
4:50 PM	4x400 M Relay	Men (2 Heats)

as of 01/22/2026