

FIELD EVENTS

EVENT	TIME	MINIMUM MARKS (IF NEEDED)
Men's Hammer	9:00 A.M.	150'
Women's Hammer	(AFTER MEN'S)	130'
Women's Shot Put	10:00 A.M.	40'
Men's Shot Put	(AFTER WOMEN'S)	48'
Women's Long Jump	10:00 A.M.	16'6"
Men's Long Jump	(AFTER WOMEN'S)	20'6"
Women's Triple Jump	(AFTER MEN'S LONG JUMP)	35'
Men's Triple Jump	(AFTER WOMEN'S)	43'
Men's High Jump	10:00 A.M.	5'10"
Women's High Jump	(AFTER MEN'S)	5'0"
Women's Pole Vault	10:00 A.M.	10'
Men's Pole Vault	(AFTER WOMEN'S)	13'8"
Women's Discus	-	130'
Men's Discus	(AFTER WOMEN'S)	140'
Women's Javelin	(STARTS AFTER MEN'S DISCUS)	10'
Men's Javelin	(AFTER WOMEN'S)	13'8"

- TJ boards are W-34' and M-40'
- Weigh-ins: 8:00 a.m. – 2:00 p.m.
- TJ will begin immediately after the completion of LJ; Discus will begin immediately after the completion of javelin
- Minimum Marks will be used if fields are large

RUNNING EVENTS

EVENT	TIME
National Anthem	10:45 A.M.
Women's 5000m Run	11:00 A.M.
Men's 5000m Run	11:20 A.M.
Women's 4x100m Relay	11:50 A.M.
Men's 4x100m Relay	11:55 A.M.
Women's 1500m Run	12:00 P.M.
Men's 1500m Run	12:15 P.M.
Women's 100m Hurdles	12:40 P.M.
Men's 110m Hurdles	12:55 P.M.
Women's 400m Dash	1:10 P.M.
Men's 400m Dash	1:20 P.M.

INTERMISSION (AFTER 1:20 PM)

Officials Awards
Senior Recognition
Alumni Welcome
Kids Fun Race (Ages 12 and Under)

EVENT	TIME
Women's 100m Dash	2:00 P.M.
Men's 100m Dash	2:10 P.M.
Women's 800m Run	2:15 P.M.
Men's 800m Run	2:25 P.M.
Women's 400m Hurdles	2:40 P.M.
Men's 400m Hurdles	2:55 P.M.
Women's 200m Dash	3:05 P.M.
Men's 200m Dash	3:15 P.M.
Women's 3000m Steeplechase	3:30 P.M.
Men's 3000m Steeplechase	3:50 P.M.
Women's 4x400m Relay	4:10 P.M.
Men's 4x400m Relay	4:15 P.M.

- All races will be heats against time.
- All events and times are subject to change depending on the number of teams competing.
- Final schedule posted on day before meet will be a rolling schedule and will not run more than 15 minutes ahead.