



Day 1 – Friday, April 22

DECATHLON

12:00pm	100m
12:45pm	Long Jump
1:45pm	Shot Put
2:35pm	High Jump
4:30pm	400m

HEPTATHLON

12:15pm	100H
1:00pm	High Jump
2:45pm	Shot Put
3:45pm	200m

FIELD EVENTS

2:00pm	Discus– Women/Men
	Pole Vault-Women/Men
	Hammer-Men/Women
	Long Jump-Men/Women

TRACK EVENTS

5:00pm	4x800-Women
5:15pm	4x800-Men
5:45pm	100H-Women
6:00pm	110H-Men
6:20pm	100m-Women
6:35pm	100m-Men
6:45pm	1500-Women
7:00pm	1500m-Men
7:15pm	400-Women
7:30pm	400-Men
7:40pm	10,000-Women
8:25pm	10,000-Men

Day 2 – Saturday, April 23

DECATHLON

8:00am	110H
8:40am	Discus
9:40am	Pole Vault
11:45am	Javelin
12:30pm	1500m

HEPTATHLON

8:30am	Long Jump
9:30am	Javelin
10:30am	800m

FIELD EVENTS

10:00am	Shot-Men/Women
	High Jump-Women/Men
	Triple Jump-Men/Women
1:00pm	Javelin-Men/Women

TRACK EVENTS

12:30pm	5k RW-Combined
1:30pm	4x100-Women
1:40pm	4x100-Men
2:00pm	3,000 Steeple-Women
2:20pm	3,000 Steeple-Men
2:45pm	400H-Women
2:55pm	400H-Men
3:15pm	800-Women
3:30pm	800-Men
3:45pm	200-Women
4:00pm	200-Men
4:15pm	5,000-Women
4:40pm	5,000-Men
5:00pm	4x400-Women
5:10pm	4x400-Men

