



## Competition Schedule

### Friday

#### Field Events

11:00am Hammer	(W) Trials & Final
12:00pm High Jump	(M) Final
Shot Put	(M) Trials & Final
2:15pm Javelin	(M) Trials & Final
3:15pm Pole Vault	(W) Final
5:00pm Long Jump	(W) Trials & Final
Long Jump	(M) Trials & Final
6:15pm Discus	(W) Trials & Final

#### Track Events

3:00 4x100	(W) Prelims
3:15 4x100	(M) Prelims
3:30 1500m	(W) Prelims
3:50 1500m	(M) Prelims
4:10 100m Hurdles	(W) Prelims
4:30 110m Hurdles	(M) Prelims
4:50 100m	(W) Prelims
5:10 100m	(M) Prelims
5:30 400m	(W) Prelims
5:50 400m	(M) Prelims
6:10 800m	(W) Prelims
6:30 800m	(M) Prelims
6:50 400m Hurdles	(W) Prelims
7:10 400m Hurdles	(M) Prelims
7:30 200m	(W) Prelims
7:50 200m	(M) Prelims
8:10 5000m	(W) Finals
8:50 5000m	(M) Finals

### Saturday

#### Field Events

11:00am Hammer	(M) Trials & Final
12:00pm High Jump	(W) Final
Shot Put	(W) Trials & Final
2:45pm Javelin	(W) Trials & Final
Pole Vault	(M) Final
4:00pm Triple Jump	(W) Trials & Final
Triple Jump	(M) Trials & Final
5:45pm Discus	(M) Trials & Final

#### Track Events

5:00 4x100	(W) Finals
5:10 4x100	(M) Finals
5:20 1500m	(W) Finals
5:30 1500m	(M) Finals
5:45 100m Hurdles	(W) Finals
5:55 110m Hurdles	(M) Finals
6:05 100m	(W) Finals
6:10 100m	(M) Finals
6:15 400m	(W) Finals
6:20 400m	(M) Finals
6:25 800m	(W) Finals
6:30 800m	(M) Finals
6:40 400m Hurdles	(W) Finals
6:50 400m Hurdles	(M) Finals
7:00 200m	(W) Finals
7:05 200m	(M) Finals
7:15 3000m Steeplechase	(W) Finals
7:40 3000m Steeplechase	(M) Finals
8:05 4x400	(W) Finals
8:20 4x400	(M) Finals