

Schedule of Events

10:15 Coaches Meeting in the hospitality room in Strong Stadium

All events are Women first followed by Men

Field Events 9:15am-10:15am Weigh in (South end of Strong Stadium):

10:30am Men's Hammer (Women to Follow)

Women's Shot (Men to follow)

11:30am Women's Pole Vault (Men to follow)

Men's Long Jump (Women to follow)

Women's Triple Jump (Men to follow)

12:30 pm Women's High Jump (Men to follow)

Men's Javelin (Women to follow)

~2:00pm Men's Discus (Women to follow)

Running Events:

11:00am 10,000M Run

Following the completion of the 10K ~12:45 4X100M Relay

1:05 3,000M Steeplechase

1:35 1500M

1:55 100/110M Hurdles

2:10 400M

2:40 100M

3:10 800M

3:40 400M Hurdles

4:00 200M

4:35 5000M

5:10 4X400M Relay

~5:30pm Conclusion of running events