

Wednesday, February 22

Combined Events

9:00 AM	Heptathlon 60m
	*Heptathlon Long Jump – inside pit
	*Heptathlon Shot Put
	*Heptathlon High Jump
9:10 AM	Pentathlon 60m Hurdles
	*Pentathlon High Jump
	*Pentathlon Shot Put
	*Pentathlon Long Jump – inside pit
	*Pentathlon 800m

Field Events

9:00 AM	35lb Weight Throw (M)
11:30 AM	Pole Vault (W) – outside pit
11:30 AM	Long Jump (M) - outside pit
12:30 PM	20lb Weight Throw (W)
2:30 PM	Long Jump (W)
4:00 PM	Pole Vault (M) – outside pit

Running Events (unseeded sections 5k @ 12:30 (M) & 12:50 (W))

1:40 PM	Mile Trial (W)
2:00 PM	Mile Trial (M)
2:20 PM	60m Hurdles Trial (W)
2:45 PM	60m Hurdles Trial (M)
3:05 PM	400m Trial (W)
3:30 PM	400m Trial (M)
3:55 PM	60m Trial (W)
4:10 PM	60m Trial (M)
4:30 PM	800m Trial (W)
4:50 PM	800m Trial (M)
5:05 PM	200m Trial (W)
5:30 PM	200m Trial (M)
5:50 PM	5000m Final (W) (top 16)
6:10 PM	5000m Final (M) (top 16)
6:30 PM	DMR Final (W)
6:45 PM	DMR Final (M)

Thursday, February 23

Combined Events

9:00 AM	Heptathlon 60m Hurdles
	*Heptathlon Pole Vault – outside pit
	*Heptathlon 1000M

Field Events

10:00 AM	Shot Put (M)
10:00 AM	Triple Jump (M) – outside pit
10:00 AM	High Jump (W)
12:30 PM	Shot Put (W)
1:00 PM	Triple Jump (W) – outside pit
1:30 PM	High Jump (M)

Running Events

12:00 PM	Mile (W)
12:10 PM	Mile (M)
12:25 PM	60m Hurdles (W)
12:35 PM	60m Hurdles (M)
12:50 PM	400m (W)
12:58 PM	400m (M)
1:12 PM	60m (W)
1:16 PM	60m (M)
1:25 PM	800m (W)
1:30 PM	800m (M)
1:40 PM	200m (W)
1:45 PM	200m (M)
1:50 PM	3000m (W)
2:20 PM	3000m (M)
2:45 PM	4x800m Relay (W)
3:00 PM	4x800m Relay (M)
3:15 PM	4x400m Relay (W)
3:30 PM	4x400m Relay (M)
4:00 PM	Awards Presentation