



| WEDNESDAY 4/1 | | THURSDAY 4/2 | |
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| | Heptathlon - University/College Women | | Decathlon - University/College Men |
| 10:30 a.m. | 100 Meter Hurdles | 10:00 a.m. | 110 Meter Hurdles |
| | High Jump | | Discus |
| | Shot Put | | Pole Vault |
| | 200 Meter Dash | | Javelin |
| | | | 1,500 Meters |
| | Decathlon - University/College Men | | |
| 11:00 a.m. | 100 Meters | | Heptathlon - University/College Women |
| | Long Jump | 10:00 a.m. | Long Jump |
| | Shot Put | | Javelin |
| | High Jump | | 800 Meters |
| | 400 Meters | | |
| | | | Field Events (Prelims and Finals) |
| | | 11:00 a.m. | Hammer - University/College Women |
| | | 1:00 p.m. | Javelin - University/College Women (Section B) |
| | | 2:00 p.m. | Hammer - University/College Men |
| | | 2:30 p.m. | Pole Vault - University/College Women |
| | | 5:15 p.m. | Pole Vault - University/College Men |
| | | 5:15 p.m. | Javelin - University/College Men (Section B) |
| | | | Running Events (Prelims and Timed Finals) |
| | | 4:30 p.m. | 400 Meter Hurdles - University/College Women (Prelims) |
| | | 4:40 p.m. | 400 Meter Hurdles - University/College Women (Timed Finals) |
| | | 5:00 p.m. | 400 Meter Hurdles - Univ/College Men (Prelims) |
| | | 5:10 p.m. | 400 Meter Hurdles - University/College Men (Timed Finals) |
| | | | Running Events (Evening Session) |
| | | 6:30 p.m. | 800 Meters - Invitational Women |
| | | 6:39 p.m. | 800 Meters - Invitational Men |
| | | 6:55 p.m. | 1500 Meters - Univ/College Women (Section B) |
| | | 7:02 p.m. | 1500 Meters - University/College Men (Section B) |
| | | 7:10 p.m. | 1500 Meters- University/College Women (Section A) |
| | | 7:17 p.m. | 1500 Meters - University/College Men (Section A) |
| | | 7:27 p.m. | 2,000 Meter Steeplechase - High School Girls |
| | | 7:36 p.m. | 2,000 Meter Steeplechase - High School Boys |
| | | 7:45 p.m. | Distance Medley Relay - High School Girls |
| | | 8:05 p.m. | Distance Medley Relay - High School Boys |
| | | 8:25 p.m. | 3,000 Meter Steeplechase - University/College Women |
| | | 8:40 p.m. | 3,000 Meter Steeplechase - University/College Men |
| | | 9:00 p.m. | 5,000 Meters - Invitational - College Women |
| | | 9:20 p.m. | 5,000 Meters - Invitational - College Men |
| | | 9:40 p.m. | 10,000 Meters - University/ College Women |
| | | 10:20 p.m. | 10,000 Meters - University/College Men |



PRESENTED BY
TRUIST

| FRIDAY 4/3 | | FRIDAY 4/3 | |
|------------------|--|-------------------|--|
| | Running Events (Prelims and Timed Finals) | | Field Events (Prelims and Finals) |
| 9:35 a.m. | Carlette Guidry 4 x 100 Meter Relay - Univ/Coll Women (Prelims) | 9:00 a.m. | Discus - University/College Men (Section B) |
| | Carlette Guidry 4 x 100 Meter Relay - Univ/Coll Women (Timed Finals) | 10:00 a.m. | Long Jump - University/College Men (Section B) |
| | Clyde Littlefield 4 x 100 Meter Relay - Univ/Coll Men (Prelims) | | Long Jump - University/College Women (Section B) |
| | Clyde Littlefield 4 x 100 Meter Relay - Univ/Coll Men (Timed Finals) | | High Jump - University/College Women (Section B) |
| | * 100 Meter Hurdles - University/College Women (West) (Prelims) | 11:00 a.m. | Shot Put - University/College Women (Section B) |
| | * 100 Meter Hurdles - University/College Women (West) (Timed Finals) | | Shot Put - University/College Men (Section B) |
| | * 110 Meter Hurdles - University/College Men (East) (Prelims) | 11:30 a.m. | Javelin - University/College Women (Section A) |
| | * 110 Meter Hurdles - University/College Men (East) (Timed Finals) | 12:30 p.m. | Long Jump - University/College Women (Section A) |
| | * 100 Meters - University/College Women (West) (Prelims) | | Long Jump - University/College Men (Section A) |
| | * 100 Meters - University/College Women (West) (Timed Finals) | 1:00 p.m. | High Jump - University/College Men (Section B) |
| | * 100 Meters - University/College Men (East) (Prelims) | 1:30 p.m. | Pole Vault - High School Boys (Section B) |
| | * 100 Meters - University/College Men (East) (Timed Finals) | | Discus - High School Girls - Outside Throwing Area |
| | 4 x 400 Meter Relay - University/College Women (Prelims) | 3:00 p.m. | Triple Jump - University/College Men (Section B) |
| | 4 x 400 Meter Relay - University/College Women (Timed Finals) | | Triple Jump - University/College Women (Section B) |
| | 4 x 400 Meter Relay - University/College Men (Prelims) | | High Jump - High School Boys |
| | 4 x 400 Meter Relay - University/College Men (Timed Finals) | 3:00 p.m. | Discus - University/College Women (Section A) |
| 1:30 p.m. | * 100 Meter Hurdles - Division I & II High School Girls (West) | | Pole Vault - High School Girls (Section A) |
| | * 110 Meter Hurdles - Division I & II High School Boys (East) | 4:15 p.m. | Discus - High School Boys - Outside Throwing Area |
| | * 100 Meters - Division I & II High School Girls (West) | 5:00 p.m. | Javelin - University/College Men (Section A) |
| | * 100 Meters - Division I & II High School Boys (East) | 6:00 p.m. | High Jump - High School Girls |
| | 4 x 200 Meter Relay - Division I High School Girls | 6:30 p.m. | Javelin - High School Boys (Elite) |
| | 4 x 200 Meter Relay - Division I High School Boys | 7:00 p.m. | Pole Vault - High School Boys (Section A) |
| | 4 x 200 Meter Relay - Division II High School Girls | 7:15 p.m. | Javelin - High School Girls (Elite) |
| | 4 x 200 Meter Relay - Division II High School Boys | 7:30 p.m. | Long Jump - High School Girls |
| 4:00 p.m. | 1600 Meters - High School Girls | | Long Jump - High School Boys |
| | 1600 Meters - High School Boys | | |
| 4:30 p.m. | Sprint Medley - High School Girls | | |
| | Sprint Medley - High School Boys | | |
| | Invitational Sprint Medley Relay - University/College Women | | |
| | Invitational Sprint Medley Relay - University/College Men | | |
| 5:30 p.m. | 400 Meter Hurdles - Invitational Women | | |
| 5:35 p.m. | 400 Meter Hurdles - University/College Women (Finals) | | |
| 5:40 p.m. | 400 Meter Hurdles - University/College Men (Finals) | | |
| 5:45 p.m. | 400 Meter Hurdles - Invitational Men | | |
| 5:50 p.m. | Distance Medley Relay - University/College Women | | |
| 6:05 p.m. | Distance Medley Relay - University/College Men | | |
| 6:25 p.m. | 300 Meter Hurdle Invitational - High School Girls | | |
| | 300 Meter Hurdle Invitational - High School Boys | | |
| 6:40 p.m. | 4 x 400 Meter Relay - Division I High School Girls (NO BLOCKS) | | |
| | 4 x 400 Meter Relay - Division I High School Boys (NO BLOCKS) | | |
| | 4 x 400 Meter Relay - Division II High School Girls (NO BLOCKS) | | |
| | 4 x 400 Meter Relay - Division II High School Boys (NO BLOCKS) | | |



| SATURDAY 4/4 | SATURDAY 4/4 |
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| Field Events (Prelims and Finals) | Running Events (Prelims and Selected Finals) |
| 9:30 a.m. Pole Vault - High School Girls (Section B) | 8:15 a.m. 3200 Meters - High School Girls |
| 10:00 a.m. Discus - University/College Women (Section B) | 8:35 a.m. 3200 Meters High School Boys |
| 11:00 a.m. Shot Put - High School Girls | 9:00 a.m. 4 x 100 Meter Relay - Division I High School Girls (Prelims) |
| High Jump - University/College Women (Section A) | 4 x 100 Meter Relay - Division II High School Girls (Prelims) |
| Triple Jump - High School Girls | 4 x 100 Meter Relay - Division I High School Boys (Prelims) |
| Triple Jump - High School Boys | 4 x 100 Meter Relay - Division II High School Boys (Prelims) |
| Pole Vault - University Elite Women | 10:40 a.m. 4 x 800 Meter Relay - University/College Women |
| 12:00 p.m. Shot Put - High School Boys | 4 x 800 Meter Relay - University/College Men |
| 1:30 p.m. Pole Vault - Invitational Elite Women | 12:00 p.m. Invitational 4 x 200 Meter Relay - University/College Men |
| 2:30 p.m. Discus - University/College Men (Section A) | Invitational 4 x 200 Meter Relay - University/College Women |
| 2:45 p.m. High Jump - University/College Men (Section A) | 4 x 200 Meter Relay - Division I High School Girls (Finals) |
| 3:00 p.m. Pole Vault - University Elite Men | 4 x 200 Meter Relay - Division II High School Girls (Finals) |
| Triple Jump - University/College Men (Section A) | 4 x 200 Meter Relay - Division I High School Boys (Finals) |
| Triple Jump - University/College Women (Section A) | 4 x 200 Meter Relay - Division II High School Boys (Finals) |
| 4:00 p.m. Shot Put - University/College Men (Section A) | 12:40 p.m. 4 x 800 Meter Relay - High School Girls |
| Shot Put - University/College Women (Section A) | 4 x 800 Meter Relay - High School Boys |
| | 1:05 p.m. Awards Presentation and Opening Ceremonies |
| | 1:30 p.m. Clyde Littlefield 4 x 100 Meter Relay - University Men (Finals) |
| | Carlette Guidry - University/College Women's 4 x 100 Meter Relay (Finals) |
| | 4 x 100 Meter Relay - Division I High School Girls (Finals) |
| | 4 x 100 Meter Relay - Division II High School Girls (Finals) |
| | 4 x 100 Meter Relay - Division I High School Boys (Finals) |
| | 4 x 100 Meter Relay - Division II High School Boys (Finals) |
| | 4 x 100 Meter Relay - Invitational Women |
| | 4 x 100 Meter Relay - Invitational Men |
| | 2:05 p.m. 100 Meter Hurdles - Division I High School Girls (Finals) |
| | 100 Meter Hurdles - Division II High School Girls (Finals) |
| | 100 Meter Hurdles - University/College Women (Finals) |
| | 100 Meter Hurdles - Invitational Women |
| | 110 Meter Hurdles - Division I High School Boys (Finals) |
| | 110 Meter Hurdles - Division II High School Boys (Finals) |
| | 110 Meter Hurdles - University/ College Men (Finals) |
| | 110 Meter Hurdles - Invitational Men |
| | 2:45 p.m. 100 Meters - Division I High School Girls (Finals) |
| | 100 Meters - Division II High School Girls (Finals) |
| | 100 Meters - Division I High School Boys (Finals) |
| | 100 Meters - Division II High School Boys (Finals) |
| | 100 Meters - University/College Women (Finals) |
| | 100 Meters - Invitational Women |
| | 100 Meters - University/College Men (Finals) |
| | 100 Meters - Invitational Men |



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| | 3:25 p.m. | Jerry Thompson Mile - Invitational Men |
| | 3:35 p.m. | 200 Meters - Invitational Women |
| | | 200 Meters - Invitational Men |
| | 4:05 p.m. | 4 x 400 Meter Relay - Invitational Women |
| | | 4 x 400 Meter Relay - Invitational Men |
| | | 4 x 400 Meter Relay - Division I High School Girls (Finals) |
| | | 4 x 400 Meter Relay - Division II High School Girls (Finals) |
| | | 4 x 400 Meter Relay - Division I High School Boys (Finals) |
| | | 4 x 400 Meter Relay - Division II High School Boys (Finals) |
| | | 4 x 400 Meter Relay - University/College Men (Finals) |
| | | 4 x 400 Meter Relay - University/College Women (Finals) |
| | | Cleburne Price, Jr. 4 x 400 Meter Relay - University Men (Invitational) |
| | | Sanya Richards-Ross - University Women's (Invitational) 4 x 400 Meter Relay |