

Estimated Time Schedule

Track 10:00 AM start, rolling schedule (Women followed by Men unless otherwise noted)

10:00 AM	Mascot 60M
10:05 AM	Men's 60m HH Qualifying
10:15 AM	Women's 60m HH Qualifying
10:30 AM	Women's 60m
10:55 AM	Men's 60m
11:30 AM	Men's 60m HH Final
11:35 AM	Women's 60m HH Final
11:40 AM	Men's 60m Final
11:45 AM	Women's 60m Final
11:50 AM	Women's Mile
12:20 PM	Men's Mile
12:50 PM	Women's 400m
1:05 PM	Men's 400m
1:20 PM	Women's 300m
1:35 PM	Men's 300m
2:00 PM	Women's 800m
2:10 PM	Men's 800m
2:20 PM	Women's 1K
2:30 PM	Men's 1K
2:40 PM	Women's 200m
3:10 PM	Men's 200m
3:50 PM	Women's 3K
4:35 PM	Men's 3K
5:25 PM	Women's 4 x 200
5:40 PM	Men's 4 x 200
5:55 PM	Men's 4 x Mile
6:15 PM	Women's 4 x 400
6:30 PM	Men's 4 x 400
6:45 PM	Women's 5K
7:20 PM	Men's 5K

Field Events *Dual Pits Men + Women at the same time for LJ, TJ, HJ*

9:00 AM	Weight Throw – W then M Shot Put (W then M 30 minutes after men's weight)
10:00 AM	Long Jump Triple Jump (30 minutes after Long Jump)
10:00 AM	Pole Vault – W then M High Jump (infield 60 minutes after 60m final)