

DAY ONE - SATURDAY

11:30 PM	FACILITY OPENS	
1:00 PM	35 LB WEIGHT THROW	MEN (TRIALS & FINAL)
	LONG JUMP	WOMEN (TRIALS & FINAL)
1:30 PM	POLE VAULT	MEN
1:30 PM	PENTATHLON 55H	WOMEN
2:00 PM	HEPTATHLON 55M	MEN
2:10 PM	PENTHALON HJ	WOMEN
2:15 PM	DISTANCE MEDLEY RELAY	WOMEN (FINAL)
2:30 PM	DISTANCE MEDLEY RELAY	MEN (FINAL)
3:00 PM	400 METERS	WOMEN (TRIALS)
3:10 PM	HEPTATHLON LONG JUMP	MEN
3:15PM	400 METERS	MEN (TRIALS)
3:30 PM	55 METERS	WOMEN (TRIALS)
3:40 PM	55 METERS	MEN (TRIALS)
3:50 PM	55 METER HURDLES	WOMEN (TRIALS)
4:00 PM	PENTATHLON SHOT PUT	WOMEN
4:10 PM	55 METER HURDLES	MEN (TRIALS)
4:30 PM	POLE VAULT	WOMEN FINAL
4:30 PM	5000 METERS	WOMEN (FINAL)
5:00 PM	PENTATHLON LONG JUMP	WOMEN
5:00 PM	HEPTATHLON SHOT	MEN
5:00 PM	5000 METERS	MEN (FINAL)
5:30 PM	200 METERS	WOMEN (TRIALS)
5:45 PM	200 METERS	MEN (TRIALS)
6:00 PM	HEPTATHLON HIGH JUMP	MEN
6:00 PM	4X800 METERS	WOMEN (FINAL)
6:15 PM	<i>PENTATHLON 800</i>	<i>WOMEN TENTATIVE</i>
6:20 PM	4X800 METERS	MEN (FINAL)
6:30 PM	20 LB.WEIGHT	WOMEN (FINAL)
6:30 PM	LONG JUMP	MEN (FINAL)

DAY TWO - SUNDAY

9:00 AM	FACILITY OPENS	
10:30 AM	HEPTATHLON 55H	MEN
11:00 AM	SHOT PUT	MEN (TRIALS & FINALS)
	TRIPLE JUMP	WOMEN (TRIALS & FINALS)
	HIGH JUMP	MEN (FINAL)
11:15 AM	HEPTATHLON POLE VAULT	
11:30 AM	MILE RUN	WOMEN (FINALS)
11:45 AM	MILE RUN	MEN (FINALS)
12:00 AM	55 METER HURDLES	WOMEN (FINAL)
12:15 AM	55 METER HURDLES	MEN (FINAL)
12:30 PM	400 METER DASH	WOMEN (FINAL)
12:40 PM	400 METER DASH	MEN (FINAL)
12:50 PM	55 METER DASH	WOMEN (FINAL)
1:00 PM	SHOT PUT	WOMEN (TRIALS & FINAL)
	TRIPLE JUMP	MEN (TRIALS & FINAL)
	HIGH JUMP	WOMEN (FINAL)
1:00 PM	55 METER DASH	MEN (FINAL)
1:10 PM	800 METER DASH	WOMEN (FINALS)
1:20 PM	800 METER DASH	MEN (FINALS)
1:30 PM	200 METER DASH	WOMEN (FINALS)
1:40 PM	200 METER DASH	MEN (FINALS)
1:50 PM	3000 METERS	WOMEN (FINALS)
2:10 PM	3000 METERS	MEN (FINALS)
2:35 PM	HEPTATHLON 1000	MEN - TENTATIVE
2:40 PM	4X400 METER RELAY	WOMEN (FINALS)
2:50 PM	4X400 METER RELAY	MEN (FINALS)
3:15 PM	AWARDS CEREMONY	

NOTE: THE 4X400'S WILL BE RUN AT THE CONCLUSION OF ALL OTHER EVENTS.