



Schedule of Events

THURSDAY, MAY 24

PRACTICE: Mickey Miller Blackwell Stadium 7am – 9am

IMPLEMENT WEIGH-IN: 7:30 a.m. – 3:00 p.m.

WOMEN'S HEPTATHLON

10:30am 100m Hurdles, High Jump, Shot Put, 200m

MEN'S DECATHLON

10:00am 100m, Long Jump, Shot Put, High Jump, 400m

Multi-events will begin 30 min. after the conclusion of the previous event

RUNNING EVENTS – CHECK IN NO LATER THAN 30 MIN BEFORE THE EVENT BEGINS

3:00 p.m. – Opening Ceremonies

3:15 p.m. – Women's 4x100 Relay - Trials

3:45 p.m. – Men's 4x100 Relay - Trials

~~3:20 p.m. – Women's 1,500m - Trials~~

4:00 p.m. – Men's 1,500m - Trials

4:20 p.m. – Women's 400m Hurdles - Trials

4:45 p.m. – Men's 400m Hurdles - Trials

5:10 p.m. – Women's 200m - Trials

5:25 p.m. – Men's 200m - Trials

6:00 p.m. – Women's 4x800 Relay - Trials

6:35 p.m. – Men's 4x800 Relay - Trials

7:10 p.m. – Women's 3,000m Steeplechase - Trials

~~7:10 p.m. – Men's 3,000m Steeplechase - Trials~~

7:30 p.m. – Women's 10,000m **FINAL**

8:25 p.m. – Men's 10,000m **FINAL**

FIELD EVENTS – CHECK IN NO LATER THAN 30 MIN BEFORE THE EVENT BEGINS

10:00 a.m. – Women's Hammer **FINAL**

1:00 p.m. – Men's Hammer **FINAL**

3:45 p.m. – Women's Javelin **FINAL**

3:45 p.m. – Women's Pole Vault **FINAL**

5:30 p.m. – Women's Long Jump **FINAL**

5:45 p.m. – Men's Javelin **FINAL**

FRIDAY, MAY 25

PRACTICE: Mickey Miller Blackwell Stadium 7am – 9am

IMPLEMENT WEIGH-IN: 7:30 a.m. – 3:00 p.m.

WOMEN'S HEPTATHLON

10:30am Long Jump, Javelin, 800m

MEN'S DECATHLON

10:00am 110m Hurdles, Discus, Pole Vault, Javelin, 1,500m

RUNNING EVENTS – All events semi-finals unless noted – CHECK IN NO LATER THAN 30 MIN BEFORE THE EVENT BEGINS

1:30 p.m. – Women's 100m Hurdles -Trials

1:45 p.m. – Men's 100m Hurdles -Trials

2:00 p.m. – Women's 800m -Trials

2:20 p.m. – Men's 800m -Trials

2:50 p.m. – Women's 100m -Trial

3:10 p.m. – Men's 100m -Trials

3:30 p.m. – Women's 400m -Trials

3:50 p.m. – Men's 400m -Trials

4:10 p.m. – Women's 5,000m Race-Walk **FINAL**

4:40 p.m. – Men's 5,000m Race-Walk **FINAL**

5:15 p.m. – Women's 4x800 Relay **FINAL**

5:30 p.m. – Men's 4x800 Relay **FINAL**

~~6:10 p.m. – Women's 5,000m - Trials~~

5:45 p.m. – Men's 5,000m - Trials

6:35 p.m. – Women's 4x400 - Trials

7:05 p.m. – Men's 4x400 - Trials

FIELD EVENTS – CHECK IN NO LATER THAN 30 MIN BEFORE THE EVENT BEGINS

1:00 p.m. – Women's Shot **FINAL**

1:00 p.m. – Men's Long Jump **FINAL**

4:30 p.m. – Men's High Jump **FINAL**

5:00 p.m. – Men's Discus **FINAL**

5:30 p.m. – Women's Triple Jump **FINAL**

SATURDAY, MAY 26

IMPLEMENT WEIGH-IN: 9:00 a.m. – 1:00 p.m.

RUNNING EVENTS – CHECK IN NO LATER THAN 30 MIN BEFORE THE EVENT BEGINS

6:00 a.m. – W/M Marathon **FINAL**

1:00 p.m. – Women's 3,000m Steeplechase **FINAL**

1:20 p.m. – Men's 3,000m Steeplechase **FINAL**

1:40 p.m. – Women's 4x100 Relay **FINAL**

1:50 p.m. – Men's 4x100 Relay **FINAL**

2:00 p.m. – Women's 1,500m **FINAL**

2:10 p.m. – Men's 1,500m **FINAL**

2:20 p.m. – Women's 100m Hurdles **FINAL**

2:30 p.m. – Men's 110m Hurdles **FINAL**

2:40 p.m. – Women's 100m **FINAL**

2:50 p.m. – Men's 100m **FINAL**

3:00 p.m. – Women's 400m Hurdles **FINAL**

3:10 p.m. – Men's 400m Hurdles **FINAL**

3:20 p.m. – Women's 400m **FINAL**

3:30 p.m. – Men's 400m **FINAL**

3:40 p.m. – Women's 800m **FINAL**

3:50 p.m. – Men's 800m **FINAL**

4:00 p.m. – Women's 200m **FINAL**

4:10 p.m. – Men's 200m **FINAL**

4:20 p.m. – Women's 5,000m **FINAL**

4:45 p.m. – Men's 5,000m **FINAL**

5:05 p.m. – Women's 4x400 Relay **FINAL**

5:15 p.m. – Men's 4x400 Relay **FINAL**

***5:40 p.m. – Awards Ceremony**

*Approximately

FIELD EVENTS – CHECK IN NO LATER THAN 30 MIN BEFORE THE EVENT BEGINS

12:00 p.m. – Men's Shot Put **FINAL**

12:00 p.m. – Men's Pole Vault **FINAL**

12:30 p.m. – Men's Triple Jump **FINAL**

1:00 p.m. – Women's High Jump **FINAL**

1:00 p.m. – Women's Discus **FINAL**