

# FRIDAY, MARCH 3rd

\*Facility will open at 9:30am

### FIELD EVENTS

10:00am-	-11:00am Implement	Inspection #1	
12:00pm	Pole Vault (Ŵ)	22	
1:00pm-	-1:55pm Implement Inspection #2		
2:15pm	Shot Put (W)	2 flights	
2:30pm	Long Jump (M)	2 flights	
4:00pm	Pole Vault (M)	25	
4:15pm	Shot Put (M)	3 flights	
5:00pm	Long Jump (W)	2 flights	
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### TRACK EVENTS

11:00am	60m Dash – <i>heptathlon</i>	2 heats
11:15am	60m Hurdles <i>–pentathlon</i>	3 heats
11:50pm	National Anthem	
3:00pm	Distance Medley Relay (W)	2 heats
3:30pm	Distance Medley Relay (M)	2 heats
4:00pm	60m Hurdle Trials (W)	3 heats
4:25pm	60m Hurdle Trials (M)	5 heats
4:45pm	60m Dash Trials (W)	4 heats
5:00pm	60m Dash Trials (M)	6 heats
5:20pm	5000m Run (W)	2 heats
6:00pm	5000m Run (M)	2 heats
6:35pm	4x400m Relay (W)	3 heats
6:50pm	4x400m Relay (M)	3 heats

## SATURDAY MARCH 4<sup>th</sup>

\*Facility will open at 8:30am

### FIELD EVENTS

9:00am-	-10:00am Implement Ins	pection #3
10:30am	Weight Throw (W)	3 flights
10:30am	Triple Jump (M)	2 flights
11:15am	Pole Vault – heptathlon	
1:00pm	High Jump (M&W)	24m, 21w
1:00pm	Triple Jump (W)	2 flights
1:15pm	Weight Throw (M)	2 flights

#### TRACK EVENTS

National Anthem	
60m Hurdles – heptathlon	3 heats
60m Hurdle Final (M)	1 heat
60m Hurdle Final (W)	1 heat
Mile Run (W)	3 heats
Mile Run (M)	3 heats
60m Dash Final (W)	1 heat
60m Dash Final (M)	1 heat
400m Dash (W)	7 heats
400m Dash (M)	11 heats
800m Run (W)	4 heats
800m Run (M)	5 heats
200m Run (W)	10 heats
200m Run (M)	11 heats
3000m Run (W)	1 heat
3000m Run (M)	2 heats
4x200m Relay (W)	6 heats
4x200m Relay (M)	7 heats
Team Awards	
	National Anthem60m Hurdles -heptathlon60m Hurdle Final (M)60m Hurdle Final (W)60m Hurdle Final (W)Mile Run (W)Mile Run (M)60m Dash Final (W)60m Dash Final (M)400m Dash (W)400m Dash (M)800m Run (W)800m Run (M)200m Run (M)3000m Run (M)3000m Run (M)4x200m Relay (W)4x200m Relay (M)