

Order Of Events

Steeplechase	12:30pm 30" then 36"
60mH & Pent	1:00pm
60m Semis & Finals	1:10pm
800m	2:10pm
200m	2:40pm
400m	3:10pm
1000m Pent	3:30pm
3000m	3:40pm
Mile	4:00pm
4 X 800m Relays	

Weight Throw	11:00am
Shot Put	12:30pm
Pole Vault	12:30pm
High Jump	1:00pm
Long Jump & Pent	1:30pm
Shot Put Pent	2:00pm
High Jump Pent	2:30pm

Times shown are approximate - heats run slowest to fastest