



Updated 2/20/19

Saturday March 30, 2019

9:45am W Shot Put (Followed by M) or 30 minutes after Discus
M Discus (Followed by W) or 30 minutes after Shot Put

9:45am M High Jump (Followed by W 30 minutes after)
W Long Jump (Followed by M 30 minutes after)

11:00am W Pole Vault (Followed by M 30 minutes after)

Noon W Triple Jump follows 30 minutes after M Long Jump
*****M Triple Jump will follow either M PV or W Triple Jump, whichever comes first*****

9:45am W 10,000 Meters

10:30am M 10,000 Meters

11:10pm W 4x100 Meter Relay

11:20pm M 4x100 Meter Relay

11:30pm W 1500 Meters

11:50pm M 1500 Meters

12:10pm W 100 Meters Hurdles Prelims

12:20pm M 110 Meters Hurdles Prelims

12:30pm W 100 Meter Prelims

12:40pm M 100 Meter Prelims

12:50pm W 400 Meters

1:00pm M 400 Meters

1:10pm W 100 Meters Hurdles Finals

1:20pm M 110 Meters Hurdles Finals

1:25pm W 100 Meters Finals

1:30pm M 100 Meters Finals

1:35pm W 800 Meters

1:45pm M 800 Meters

1:55pm W 400 Meter Hurdles

2:10pm M 400 Meter Hurdles

2:25pm W 200 Meters

2:45pm M 200 Meters

3:05pm W 5000 Meters

3:35pm M 5000 Meters

3:55pm W 4x400 Meters Relay

4:05pm M 4x400 Meters Relay