Saturday March 14th

FIELD EVENTS
10:00am Men’s Discus Throw (Top 9 advance to finals, 2 flights)
10:30am Women’s Shot Put (Top 9 Advance to finals, 2 flights)
11:00am Men’s High Jump (Opening height 1.70m/5’ 7”)
11:00am Men’s Pole Vault (Opening height 3.66m/12’ 0”)
1:00pm Women’s High Jump (Opening height 1.45m/4’9”)
1:00pm Women’s Discus Throw (Top 9 advance to finals, 2 flights)
1:30pm Men’s Shot Put (Top 9 advance to finals, 1 flight)
3:00pm Men’s Triple Jump (Top 9 advance to finals, 1 flight)
3:00pm Women’s Triple Jump (Top 9 advance to finals, 1 flight)

TRACK EVENTS (Timed Section Finals run fast to slow)
10:30am 3000 Meter Women (2 sections)
11:00am 3000 Meter Men (1 sections)
11:20am 4x100 Meter Relay Women (1 section)
11:30am 4x100 Meter Relay Men (1 section)
11:40am Seeded 1500 Meter Women (1 section)
11:50am Seeded 1500 Meter Men (1 section)
12:10pm Seeded 100 Meter HH Women (3 sections)
12:30pm Seeded 110 Meter HH Men (2 sections)
12:50pm Seeded 400 Meter Women (1 sections)
1:00pm Seeded 400 Meter Men (3 sections)
1:15pm Seeded 100 Meter Women (2 sections)
1:25pm Seeded 100 Meter Men (2 sections)
1:40pm Seeded 800 Meter Women (1 sections)
1:50pm Seeded 800 Meter Men (1 sections)
2:15pm Seeded 400 Meter LH Women (3 sections)
2:30pm Seeded 400 Meter IH Men (2 sections)
2:50pm Seeded 200 Meter Women (2 sections)
3:00pm Seeded 200 Meter Men (2 sections)
3:20pm 3000 Meter Steeplechase Women (1 sections)
3:50pm 3000 Meter Steeplechase Men (1 sections)
4:20pm 4x400 Meter Relay Women (1 section)
4:30pm 4x400 Meter Relay Men (1 section)