

Friday

THROWING EVENTS

3:00 PM Javelin (Women followed by Men)

Hammer (Men followed by Women)

Saturday

THROWING EVENTS

12:00 Women's Shot Put 12:00 Men's Discus 2:00 PM Women's Discus 2:00 PM Men's Shot Put

SATURDAY FIELD EVENTS

11:00 AM Long Jump (Women followed by Men)
11:00 AM High Jump (Men Followed by Women)
11:30 AM Pole Vault (Women followed by Men)
1:30 PM Triple Jump (Women followed by Men)

SATURDAY RUNNING EVENTS

9:25 Men's 5,000m Run

10:05 Women's 5,000m Run

10:30 Men's 4 X 100 Meter Relay

10:35 Women's 4 X 100 Meter Relay

10:40 Men's 1500m Run

11:10 Women's 1500m Run

11:35 Men's 110m Hurdles

11:50 Women's 100m Hurdles

Lunch Break

12:20 Men's 400m Dash

12:35 Women's 400m Dash

12:55 Men's 100m Dash

1:10 Women's 100m Dash

1:25 Men's 800m Run

1:55 Women's 800m Run

2:20 Men's 400m Hurdles

2:30 Women's 400m Hurdles 2:40 Men's 200m Dash

3:00 Women's 200m Dash



- 3:30
 Men's 3,000m Steeple Chase
 4:00

 3:45
 Women's 3,000m Steeple Chase
 4:05
- 4:00 Men's 4 X 400 Relay 4:05 Women's 4 X 400 Relay