

Friday Night Track			Sunday Track		
6:00 PM	Men/Women 1500 Meter Steeplechase 30" U16		9:00 AM	Men/Women 2000 Meter Run U16	
6:10 PM	Women 2000 Meter Steeplechase 30" U18		9:15 AM	Women 3000 Meter Run U18	
6:20 PM	Men 2000 Meter Steeplechase 33" U18		9:30 AM	Men 3000 Meter Run U18/U20/Master	
6:45 PM	Women 200 Meter Hurdles 30" U16		9:50 AM	Girls 150 Meter Dash U12	
6:50 PM	Men 200 Meter Hurdles U16		9:53 AM	Boys 150 Meter Dash U12	
6:55 PM	Women 400 Meter Hurdles 30" U18		9:56 AM	Girls 150 Meter Dash U14	
7:00 PM	Men 400 Meter Hurdles 33" U18		9:59 AM	Boys 150 Meter Dash U14	
7:05 PM	Men 400 Meter Hurdles 36" U20/Senior		10:02 AM	Women 200 Meter Dash U16	heats
Saturday Track			10:08 AM	Men 200 Meter Dash U16	final
9:00 AM	Boys/Girls 1000 Meter Run U12		10:11 AM	Women 200 Meter Dash U18	heats
9:06 AM	Boys 1200 Meter Run U14		10:17 AM	Men 200 Meter Dash U18	heats
9:12 AM	Women 1200 Meter Run U16		10:23 AM	Women 200 Meter Dash U20	final
9:18 AM	Men 1200 Meter Run U16		10:26 AM	Men 200 Meter Dash U20	final
9:30 AM	Women 1500 Meter Run U18/U20/Senior		10:29 AM	Women 200 Meter Dash Senior	final
9:38 AM	Men 1500 Meter Run U18/U20/Senior		10:32 AM	Men 200 Meter Dash Senior	final
9:46 AM	Women 1500 Meter Run Master		10:35 AM	Women 200 Meter Dash Master	final
10:00 AM	Men 1500 Meter Run Master		10:38 AM	Men 200 Meter Dash Master	final
10:12 AM	Girls 80 Meter Dash U14	heat	10:41 AM	Girls 600 Meter Run U12	
10:18 AM	Women 100 Meter Dash U16	heat	10:41 AM	Boys 600 Meter Run U12	
10:27 AM	Men 100 Meter Dash U16	heat	10:50 AM	Women 800 Meter Run U14	
10:33 AM	Women 100 Meter Dash U18	heat	10:55 AM	Boys 800 Meter Run U14	
10:39 AM	Men 100 Meter Dash U18	heat	11:00 AM	Women 800 Meter Run U16	
11:00 AM	Women 80 Meter Hurdles 30" U16	heat	11:04 AM	Men 800 Meter Run U16	
11:05 AM	Women 100 Meter Hurdles 33" Senior	heat	11:08 AM	Women 800 Meter Run U18/U20	
11:15 AM	Men 110 Meter Hurdles 39" U20	final	11:12 AM	Men 800 Meter Run U18	
11:15 AM	Men 110 Meter Hurdles 36" U18	final	11:16 AM	Men 800 Meter Run U20	
11:25 AM	Men 100 Meter Hurdles 33" U16	final	11:16 AM	Men 800 Meter Run Senior	
11:25 AM	Men 100 Meter Hurdles 33" Master	final	11:20 AM	Women 800 Meter Run Master	
11:30 AM	Women 100 Meter Hurdles 33" Senior	final	11:26 AM	Men 800 Meter Run Master	
11:35 AM	Women 100 Meter Hurdles 30" U18	final	11:45 AM	Women 200 Meter Dash U16	final
11:45 AM	Women 80 Meter Hurdles 30" U16	final	11:50 AM	Women 200 Meter Dash U18	final
11:50 AM	Boys/Girls 80 Meter Hurdles U14	final	11:55 AM	Men 200 Meter Dash U18	final
11:55 AM	Women 60 Meter Hurdles 27" U12	final			
11:58 AM	Boys 60 Meter Hurdles 27" U12	final			
1:00 PM	Women 300 Meter Dash U16				
1:03 PM	Men 300 Meter Dash U16				
1:06 PM	Women 400 Meter Dash U18/Senior				
1:09 PM	Men 400 Meter Dash U18				
1:12 PM	Men 400 Meter Dash U20				
1:15 PM	Men 400 Meter Dash Senior				
1:18 PM	Women 400 Meter Dash Master				
1:21 PM	Men 400 Meter Dash Master				
1:30 PM	Girls 60 Meter Dash U12	final			
1:33 PM	Boys 60 Meter Dash U12	final			
1:36 PM	Girls 80 Meter Dash U14	final			
1:39 PM	Boys 80 Meter Dash U14	final			
1:42 PM	Women 100 Meter Dash U16	final			
1:45 PM	Men 100 Meter Dash U16	final			
1:48 PM	Women 100 Meter Dash U18	final			
1:51 PM	Men 100 Meter Dash U18	final			
1:54 PM	Women 100 Meter Dash U20	final			
1:57 PM	Men 100 Meter Dash U20	final			
2:00 PM	Women 100 Meter Dash Senior	final			
2:03 PM	Men 100 Meter Dash Senior	final			
2:06 PM	Women 100 Meter Dash Master	final			
2:11 PM	Men 100 Meter Dash Master	final			

Friday Field			Sunday Field		
5:30 PM	Seated Discus / Seated Javelin		10:00 AM	Men Javelin Throw 700g U18	
6:00 PM	Men Shot Put 4kg U16		10:00 AM	Men Javelin Throw 800g U20	
6:00 PM	Men Shot Put 5kg U18		10:00 AM	Men Javelin Throw Can Specs Master	
6:00 PM	Men Shot Put Can Specs Master		10:45 AM	Women Javelin Throw 600g U16	
7:30 PM	Women Shot Put 3kg U16		10:45 AM	Women Javelin Throw 500g U18	
7:30 PM	Women Shot Put 3kg U18		10:45 AM	Women Javelin Throw 600g U20	
8:15 PM	Women Shot Put 4kg U20		10:45 AM	Women Javelin Throw Can Specs Master	
8:15 PM	Women Shot Put 4kg Senior				
8:15 PM	Women Shot Put <79=3K,80+=2 Master		9:00 AM	Women Triple Jump U16/U18/Senior/Master	
			11:00 AM	Men Triple Jump U14/U16/U18/Senior/Master	
6:00 PM	Women High Jump U16/U18/Master				
7:45 PM	Men High Jump U16/U18/U20/Master				
6:00 PM	Women Pole Vault U16/U18/U20/Master				
6:00 PM	Women Hammer Throw 3kg U16/U18				
6:00 PM	Women Hammer Throw 4kg Senior				
6:00 PM	Women Hammer Throw <79=3K,80+=2 Master				
7:30 PM	Men Hammer Throw 5kg U18				
7:30 PM	Men Hammer Throw Can Specs Master				
Saturday Field					
9:00 AM	Boys/Girls Ball Throw U12/U14				
9:45 AM	Women Discus Throw 750g U14/U16				
10:45 AM	Women Discus Throw 1kg U18/U20				
10:45 AM	Women Discus Throw <79=3K,80+=2 Master				
1:00 PM	Men Discus Throw 1.5kg U18				
1:00 PM	Men Discus Throw Master				
9:45 AM	Boys/Girls Shot Put 6lb U12				
9:45 AM	Girls Shot Put 3kg U14				
11:00 AM	Seated Shot Put				
9:00 AM	Men Long Jump U16/U18/U20	Pit 1			
10:30 AM	Boys & Girls Long Jump U12	Pit 1			
1:00 PM	Boys Long Jump U14	Pit 1			
2:30 PM	Men Long Jump Master	Pit 1			
9:00 AM	Girls Long Jump U16	Pit 2			
10:30 AM	Girls Long Jump U14	Pit 2			
1:00 PM	Women Long Jump U18 & Master	Pit 2			
2:00 PM	Boys/Girls High Jump U12/U14				
1:00 PM	Men Pole Vault U16/U18/U20/Master				