## Friday, February 9th, 2018

Field Events

| 2:00 PM | W | Weight Throw* | (Flights 1, 2, 3, 4) |
| :--- | :--- | :--- | :--- |
| 2:00 PM | M | Shot Put* $^{*}$ | (Flights 1, 2, 3) |
| 2:00 PM | W | Long Jump | (Using 2 pits: Flights 1\&2 @2:00pm; Flight 3 \& 4 to follow and then flight 5) |
| 2:00 PM | M | Pole Vault | (2 pits: seeded-Flight 2; and unseeded-Flight 1) |
| 2:00 PM | W | High Jump | (Flight 2 first; Flight 1 starts 30 min. after completion of Flight \#1) |
| 5:00 PM | M | Weight Throw* | (Flights 1, 2) |
| 5:00 PM | W | Shot Put* | (Unseeded: Flights 1-3) |
| 5:00 PM | M | Long Jump | (Using 2 pits: Flights 1\&2 @5:00pm; 3rd \& 4th flights 20 min after, etc.) |

Running Events

| 2:00 PM | W | Distance Medley Relay |  |
| :--- | :--- | :--- | :--- |
| 2:15 PM | M | Distance Medley Relay |  |
| 2:30 PM | W | 60 m Hurdles | Prelims |
| 3:00 PM | M | 60 m Hurdles | Prelims |
| 3:30 PM | W | 60 m | Prelims |
| 3:55 PM | M | 60 m | Prelims |
| 4:30 PM | W | 600 m |  |
| 5:00 PM | M | 600 m |  |
| 5:25 PM | W | 200 m |  |
| 6:05 PM | M | 200 m |  |
| 6:50 PM |  |  |  |
| 7:10 PM | W | $1,000 \mathrm{~m}$ |  |
| 7:30 PM | M | $1,000 \mathrm{~m}$ |  |
| 7:50 PM | W | $3,000 \mathrm{~m}$ |  |
| 8:30 PM | M | $3,000 \mathrm{~m}$ |  |
| 9:05 PM | W | $4 \times 800 \mathrm{~m}$ Relay |  |
| 9:20 PM | M | $4 \times 800 \mathrm{~m}$ Relay |  |

[^0]NOTE: The sequence of the $5,000 \mathrm{~m}$ races and $3,000 \mathrm{~m}$ races.
For $\mathbf{6 0 0} \mathbf{m}$ races and further distance races, they will run slow to fast, the $\mathbf{2 0 0} \mathbf{m} \& \mathbf{4 0 0} \mathrm{~m}$ will run fast to slow.
NOTE: We will not go more than 5 minutes ahead of schedule.
If we get behind we will still give our officials a break as designated on the schedule.

## Saturday, February 10th, 2018

Field Events

| 11:00 AM | M | Weight Throw* $^{*}$ | (Flights 3, 4, 5) |
| :--- | :--- | :--- | :--- |
| 11:00 AM | W | Shot Put $^{*}$ | (Flights 4, 5, 6) |
| 11:00 AM | W | Triple Jump | (Using 1 pit) |
| 11:00 AM | W | Pole Vault | (2 pits: seeded-Flight 2 and unseeded-Flight 1) |
| 11:00 AM | M | High Jump | (Flight 1 first; Flight 2 starts 30 min. after completion of Flight 1) |
| 1:00 PM | M | Triple Jump | (Using 1 pit) |
| 2:00 PM | M | Shot Put* | (Flights 4, 5, 6) |
| 2:00 PM | W | Weight Throw* | (Flights 5, 6, 7) |

Running Events

| 9:00 AM | W | 5,000m | (Heat \#1) |
| :---: | :---: | :---: | :---: |
| 9:25 AM | M | 5,000m | (Heat \#1 followed by men's heat \#2) |
| 10:05AM | W | 5,000m | (Heat \#2) |
| 10:25AM | M | 5,000m | (Heat \#2) |
| 10:45AM | W | 800 m | (all sections but the top 2) |
| 11:05 AM | M | 800 m | (all sections but the top 2) |
| 11:25 AM | W | 400m | (all sections but the top 4, starting with section 5) |
| 11:50 AM | M | 400m | (all sections but the top 4, starting with section 5) |
| 12:30 PM |  |  | Break-Lunch |
| 12:50 PM | W | High School Mile |  |
| 12:57 PM | M | High School Mile (2 heats) |  |
| 1:15 PM | W | 60m Hurdles | Semi-Finals |
| 1:25 PM | M | 60m Hurdles | Semi-Finals |
| 1:35 PM | W | 60 m | Semi-Finals |
| 1:45 PM | M | 60m | Semi-Finals |
| 1:55 PM |  | Fastest Student on Campus | (2-3 heats) |
| 2:05 PM | W | "Unseeded" Mile Run | (all sections but the top 2) |
| 2:30 PM | M | "Unseeded" Mile Run | (all sections but the top 2) |
| 3:10 PM | M | 60m Hurdles | final |
| 3:20 PM | W | 60m Hurdles | final |
| 3:30 PM | W | "Seeded" 400 m | (top 4 sections, start with section 1) |
| 3:40 PM | M | "Seeded" 400 m | (top 4 sections, start with section 1) |
| 3:55 PM | W | 60m | final |
| 4:00 PM | M | 60m | final |
| 4:05 PM | W | "Seeded" 800 m | (top 2 sections, 6 \& 7) |
| 4:15 PM | M | "Seeded" 800m | (top 2 sections, $7 \& 8$ ) |
| 4:25 PM | W | "Seeded" Mile Sections | (top 2 sections, 5 \& 6) |
| 4:40 PM | M | "Seeded" Mile Sections | (top 2 sections, 7 \& 8) |
| 4:55 PM | W | 4x400m Relay |  |
| 5:25 PM | M | 4x400m Relay |  |

* For the throwing events-pay attention to the day a particular flight is assigned.

NOTE: $\quad$ The sequence of the $5,000 \mathrm{~m}$ races and $3,000 \mathrm{~m}$ races.
For $\mathbf{6 0 0} \mathbf{m}$ races and further distance races, they will run slow to fast, the $\mathbf{2 0 0 m} \& 400 \mathrm{~m}$ will run fast to slow.
NOTE: We will not go more than 5 minutes ahead of schedule.
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[^0]:    * For the throwing events-pay attention to the day a particular flight is assigned.

