FIELD EVENTS:

8:45-9:45 AM  WEIGH INS – Tent at the throws area
10:00 AM  Discus (M) – 3 flights, followed immediately by Discus (W) – 2 flights
10:00 AM  Shot Put (W) – 2 flights, followed immediately by Shot Put (M) – 3 flights
11:00 AM  Pole Vault (M), followed immediately by Pole Vault (W)
11:00 AM  Triple Jump (W) – 2 flights followed by Long Jump (W) – 2 flights – at the pit located in D-area near Steeple
11:00 AM  Triple Jump (M) – 2 flights followed by Long Jump (M) – 3 flights – at the pit located outside the track near PV
11:45 AM  High Jump (W), followed immediately by High Jump (M)
2:30 PM estimated  Hammer (M) – 2 flights, followed immediately by Hammer (W) – 2 flights
2:30 PM estimated  Javelin (W) – 1 flight, followed immediately by Javelin (M) – 2 flights

***Note – we will start Men’s Hammer and Women’s Javelin immediately following the conclusion of Women’s Discus

TRACK EVENTS:

11:00 AM  3,000 Steeplechase (M)
11:15 AM  3,000 Steeplechase (W)
11:30 AM  SPECIAL EVENT – U of R Alumni Mile
11:50 AM  4 x 100 Relay (M)
11:56 AM  4 x 100 Relay (W)
12:00 PM  1500 Meters (M)
12:20 PM  1500 Meters (W)
12:50 PM  110 Hurdles (M)
1:05 PM  100 Hurdles (W)
1:15 PM  400 Meters (M)
1:30 PM  400 Meters (W)
1:40 PM  100 Meters (M)
1:55 PM  100 Meters (W)
2:10 PM  800 Meters (M)
*2:15 PM  Deadline to do initial check-in for 200 meters
2:25 PM  800 Meters (W)
2:40 PM  400 Hurdles (M)
2:55 PM  400 Hurdles (W)
3:10 PM  200 Meters (M)
3:30 PM  200 Meters (W)
3:45 PM  5000 Meters (M)
4:20 PM  5000 Meters (W)
4:50 PM  4 x 400 Relay (M)
5:00 PM  4 x 400 Relay (W)
5:05 PM  4 x 800 Relay (M)
5:15 PM  4 x 800 Relay (W)