



Meet Schedule – **FINAL**

February 16, 2019

FIELD EVENTS

11:00 AM	Weight Throw	Women followed by Men
To follow WT	Shot Put	Women followed by Men
11:00 AM	Long Jump	Men followed by Women
To follow LJ	Triple Jump	Men followed by Women
11:00 AM	Pole Vault	Women followed by Men
12:00 PM	High Jump	Men followed by Women

RUNNING EVENTS

11:00 AM	60 M Hurdles – Prelim	Women (2 Heats)
	60 M Hurdles – Prelim	Men
11:10 AM	60 M Dash – Prelim	Men (2 Heats)
11:15 AM	60 M Dash – Prelim	Women (3 Heats)
11:30 AM	Distance Medley Relay	Women (1 Section)
11:45 AM	Distance Medley Relay	Men (1 Section)
12:00 PM	400 M Dash	Women (3 Heats)
12:05 PM	400 M Dash	Men (5 Heats)
12:20 PM	60 M Hurdles – Final	Women (1 Heat)
12:25 PM	60 M Hurdles – Final	Men (1 Heat)
12:30 PM	60 M Dash – Final	Women (1 Heat)
12:35 PM	60 M Dash – Final	Men (1 Heat)
12:40 PM	Mile Run	Women (2 Sections)
12:55 PM	Mile Run	Men (2 Sections)
1:10 PM	800 M Run	Women (3 Sections)
1:20 PM	800 M Run	Men (4 Sections)
1:35 PM	200 M Dash	Women (3 Heats)
1:40 PM	200 M Dash	Men (3 Heats)
1:50 PM	3000 M Run	Women (1 Section)
2:05 PM	3000 M Run	Men (2 Sections)
2:35 PM	4x400 M Relay	Women (1 Heat)
2:40 PM	4x400 M Relay	Men (1 Heat)