



Meet Schedule – **FINAL**  
February 1 - 2, 2019

**Friday, February 1<sup>st</sup>**

**Field Events**

4:00pm	Long Jump	W (2 Flights + Final)
4:00pm	Weight Throw	W (2 Flights + Final)
To Follow	Weight Throw	M (2 Flights + Final)
5:00pm	Pole Vault	M
6:00pm	High Jump	W
7:00pm	Triple Jump	M (2 Flights + Final)

**Running Events**

4:30pm	60 M Hurdles - Prelim	W (8 Heats)
4:50pm	60 M Hurdles - Prelim	M (6 Heats)
5:05pm	60 M Dash - Prelim	W (7 Heats)
5:25pm	60 M Dash - Prelim	M (7 Heats)
5:45pm	5000 M Run	W (2 Heats)
6:25pm	5000 M Run	M (2 Heats)
7:05pm	Distance Medley Relay	W (1 Heat)
7:20pm	Distance Medley Relay	M (1 Heat)
7:35pm	200 M Dash	W (12 Heats)
8:05pm	200 M Dash	M (13 Heats)
8:30pm	600 M Run	W (4 Heats)
8:50pm	600 M Run	M (5 Heats)

**Saturday, February 2<sup>nd</sup>**

**Field Events**

10:30am	Triple Jump	W (2 Flights + Final)
10:30am	Shot Put	W (2 Flights + Final)
To Follow	Shot Put	M (2 Flights + Final)
12:00pm	Pole Vault	W
1:00pm	High Jump	M
1:30pm	Long Jump	M (2 Flights + Final)

**Running Events**

9:45am	60 M Hurdles - Semi	W (4 Heats)
9:55am	60 M Hurdles - Semi	M (4 Heats)
10:05am	60 M Dash - Semi	W (4 Heats)
10:10am	60 M Dash - Semi	M (4 Heats)
10:15am	3000 M Run	W (2 Heats)
10:45am	3000 M Run	M (2 Heats)
11:15am	Mile Run	W (4 Heats)
11:40am	Mile Run	M (4 Heats)
12:05pm	400 M Dash	W (8 Heats)
12:25pm	400 M Dash	M (8 Heats)
12:45pm	800 M Run	W (4 Heats)
1:05pm	800 M Run	M (4 Heats)

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2:05pm	60 M Hurdles - Final	W (2 Heats)
----- ESPN Commercial Break -----		
2:10pm	60 M Hurdles - Final	M (2 Heats)
----- ESPN Commercial Break -----		
2:15pm	60 M Dash - Final	W (2 Heats)
2:20pm	60 M Dash - Final	M (2 Heats)
2:30pm	400 M Dash	W (2 Heats)
2:35pm	400 M Dash	M (2 Heats)
----- ESPN Commercial Break -----		
2:45pm	Mile Run	W (1 Heat)
2:55pm	Meyo Mile	M (1 Heat)
----- ESPN Commercial Break -----		
3:05pm	800 M Run	W (2 Heats)
3:15pm	800 M Run	M (2 Heats)
----- ESPN Commercial Break -----		
3:25pm	3000 M Run	W (1 Heat)
3:40pm	Ryan Shay 3000	M (1 Heat)
----- ESPN Commercial Break -----		
3:55pm	4x400 M Relay	W (4 Heats)
4:15pm	4x400 M Relay	M (4 Heats)