



Meet Schedule – **FINAL**
February 7-8, 2020

Friday, February 7th

Field Events

4:00pm	Long Jump	W (2 Flights + Final)
4:00pm	Weight Throw	W (3 Flights + Final)
To Follow	Weight Throw	M (3 Flights + Final)
5:00pm	Pole Vault	M
6:00pm	High Jump	W
7:00pm	Triple Jump	M (1 Flight + Final)

Running Events

4:30pm	60 M Hurdles - Prelim	W (Heats 1 > 8)
4:50pm	60 M Hurdles - Prelim	M (Heats 1 > 6)
5:05pm	60 M Dash - Prelim	W (Heats 1 > 9)
5:25pm	60 M Dash - Prelim	M (Heats 1 > 9)
5:50pm	5000 M Run	W (Heats 1 > 2)
6:30pm	5000 M Run	M (Heats 1 > 2)
7:10pm	Distance Medley Relay	W (1 Heat)
7:25pm	Distance Medley Relay	M (1 Heat)
7:40pm	200 M Dash	W (Heats 1 > 10)
8:00pm	200 M Dash	M (Heats 1 > 10)
8:25pm	600 M Run	W (Heats 1 > 6)
8:45pm	600 M Run	M (Heats 1 > 8)

Saturday, February 8th

Field Events

10:30am	Triple Jump	W (2 Flights + Final)
10:30am	Shot Put	W (3 Flights + Final)
To Follow	Shot Put	M (3 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 (Heats 1 > 4)
9:55am	60 M Hurdles - Semi	M (Heats 1 > 4)
10:05am	60 M Dash - Semi	W (Heats 1 > 4)
10:10am	60 M Dash - Semi	M (Heats 1 > 4)
10:15am	3000 M Run	W (Heats 1 > 2)
10:45am	3000 M Run	M (Heats 1 > 2)
11:15am	Mile Run	W (Heats 1 > 5)
11:45am	Mile Run	M (Heats 1 > 5)
12:15pm	400 M Dash	W (Heats 1 > 9)
12:35pm	400 M Dash	M (Heats 1 > 10)
1:00pm	800 M Run	W (Heats 1 > 5)
1:15pm	800 M Run	M (Heats 1 > 4)

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