



## Schedule of Events

### THURSDAY, MAY 24

**PRACTICE:** Mickey Miller Blackwell Stadium 7am – 9am

**IMPLEMENT WEIGH-IN:** 7:30 a.m. – 3:00 p.m.

#### WOMEN'S HEPTATHLON

10:30am 100m Hurdles, High Jump, Shot Put, 200m

#### MEN'S DECATHLON

10:00am 100m, Long Jump, Shot Put, High Jump, 400m

*Multi-events will begin 30 min. after the conclusion of the previous event*

#### RUNNING EVENTS – CHECK IN NO LATER THAN 30 MIN BEFORE THE EVENT BEGINS

##### **2:00 p.m. – Opening Ceremonies**

2:30 p.m. – Women's 4x100 Relay - Trials

3:00 p.m. – Men's 4x100 Relay - Trials

3:20 p.m. – Women's 1,500m - Trials

3:40 p.m. – Men's 1,500m - Trials

4:00 p.m. – Women's 400m Hurdles - Trials

4:25 p.m. – Men's 400m Hurdles - Trials

4:50 p.m. – Women's 200m - Trials

5:05 p.m. – Men's 200m - Trials

5:40 p.m. – Women's 4x800 Relay - Trials

6:15 p.m. – Men's 4x800 Relay - Trials

6:50 p.m. – Women's 3,000m Steeplechase - Trials

7:10 p.m. – Men's 3,000m Steeplechase - Trials

7:50 p.m. – Women's 10,000m **FINAL**

8:45 p.m. – Men's 10,000m **FINAL**

#### FIELD EVENTS – CHECK IN NO LATER THAN 30 MIN BEFORE THE EVENT BEGINS

10:00 a.m. – Women's Hammer **FINAL**

1:00 p.m. – Men's Hammer **FINAL**

3:00 p.m. – Women's Javelin **FINAL**

3:00 p.m. – Women's Pole Vault **FINAL**

5:30 p.m. – Women's Long Jump **FINAL**

5:30 p.m. – Men's Javelin **FINAL**

### FRIDAY, MAY 25

**PRACTICE:** Mickey Miller Blackwell Stadium 7am – 9am

**IMPLEMENT WEIGH-IN:** 7:30 a.m. – 3:00 p.m.

#### WOMEN'S HEPTATHLON

10:30am Long Jump, Javelin, 800m

#### MEN'S DECATHLON

10:00am 110m Hurdles, Discus, Pole Vault, Javelin, 1,500m

#### RUNNING EVENTS – All events semi-finals unless noted – CHECK IN NO LATER THAN 30 MIN BEFORE THE EVENT BEGINS

1:30 p.m. – Women's 100m Hurdles -Trials

1:45 p.m. – Men's 100m Hurdles -Trials

2:00 p.m. – Women's 800m -Trials

2:20 p.m. – Men's 800m -Trials

2:50 p.m. – Women's 100m -Trial

3:10 p.m. – Men's 100m -Trials

3:30 p.m. – Women's 400m -Trials

3:50 p.m. – Men's 400m -Trials

4:10 p.m. – Women's 5,000m Race-Walk **FINAL**

4:40 p.m. – Men's 5,000m Race-Walk **FINAL**

**5:15 p.m. – Senior Recognition**

5:30 p.m. – Women's 4x800 Relay **FINAL**

5:50 p.m. – Men's 4x800 Relay **FINAL**

6:10 p.m. – Women's 5,000m - Trials

7:00 p.m. – Men's 5,000m - Trials

7:45 p.m. – Women's 4x400 - Trials

8:15 p.m. – Men's 4x400 - Trials

#### FIELD EVENTS – CHECK IN NO LATER THAN 30 MIN BEFORE THE EVENT BEGINS

1:00 p.m. – Women's Shot **FINAL**

1:00 p.m. – Men's Long Jump **FINAL**

4:30 p.m. – Men's High Jump **FINAL**

5:00 p.m. – Men's Discus **FINAL**

5:30 p.m. – Women's Triple Jump **FINAL**

### SATURDAY, MAY 26

**IMPLEMENT WEIGH-IN:** 9:00 a.m. – 1:00 p.m.

#### RUNNING EVENTS – CHECK IN NO LATER THAN 30 MIN BEFORE THE EVENT BEGINS

6:00 a.m. – W/M Marathon **FINAL**

2:00 p.m. – Women's 3,000m Steeplechase **FINAL**

2:20 p.m. – Men's 3,000m Steeplechase **FINAL**

2:40 p.m. – Women's 4x100 Relay **FINAL**

2:50 p.m. – Men's 4x100 Relay **FINAL**

3:00 p.m. – Women's 1,500m **FINAL**

3:10 p.m. – Men's 1,500m **FINAL**

3:20 p.m. – Women's 100m Hurdles **FINAL**

3:30 p.m. – Men's 110m Hurdles **FINAL**

**3:35 p.m. – Daktronics Scholar Athlete Recognition**

3:50 p.m. – Women's 100m **FINAL**

4:00 p.m. – Men's 100m **FINAL**

4:10 p.m. – Women's 400m Hurdles **FINAL**

4:20 p.m. – Men's 400m Hurdles **FINAL**

4:30 p.m. – Women's 400m **FINAL**

4:40 p.m. – Men's 400m **FINAL**

4:50 p.m. – Women's 800m **FINAL**

5:00 p.m. – Men's 800m **FINAL**

5:10 p.m. – Women's 200m **FINAL**

5:20 p.m. – Men's 200m **FINAL**

5:30 p.m. – Women's 5,000m **FINAL**

5:55 p.m. – Men's 5,000m **FINAL**

6:15 p.m. – Women's 4x400 Relay **FINAL**

6:25 p.m. – Men's 4x400 Relay **FINAL**

**\*6:50 p.m. – Awards Ceremony**

*\*Approximately*

#### FIELD EVENTS – CHECK IN NO LATER THAN 30 MIN BEFORE THE EVENT BEGINS

1:00 p.m. – Men's Shot Put **FINAL**

1:00 p.m. – Men's Pole Vault **FINAL**

1:30 p.m. – Men's Triple Jump **FINAL**

2:00 p.m. – Women's High Jump **FINAL**

2:00 p.m. – Women's Discus **FINAL**