## Updated Schedule of Events

### Thursday, May 19

#### Field Events
- 10:00 Javelin (W)
- 12:00 Javelin (M)
- 1:00 Pole Vault (W)
- 2:00 Hammer Throw (W)
- 2:30 Triple Jump (W)

#### Multi Events
- 1:00 Decathlon
- 100-meter Dash
- Long Jump
- Shot Put
- High Jump
- 400-meter Dash
- 1:10 Heptathlon
- 100-meter Hurdles
- High Jump
- Shot Put
- 200-meter Dash

#### Track Events
- 3:00 100-meter Hurdle Trials (W)
- 3:20 110-meter High Hurdle Trials (M)
- 3:40 100-meter Trials (W)
- 3:50 100-meter Trials (M)
- 4:00 3,000-meter Steeplechase (W)
- 6:20 3,000-meter Steeplechase (M)
- 6:35 10,000-meter Run (W & M)

### Friday, May 20

#### Field Events
- 10:00 Decathlon
- 100-meter Hurdles
- Discus
- Pole Vault
- Javelin
- 1,500-meter Run
- 10:00 Heptathlon
- Long Jump
- Javelin
- 800-meter Run

#### Multi Events
- 8:00 Hammer Throw (M)
- 9:00 Triple Jump (M)
- 9:00 Pole Vault (M)
- 10:00 Shot Put (M)
- 11:00 High Jump (M)
- 11:30 Long Jump (W)
- 12:00 Discus (M)
- 12:00 Shot Put (W)
- 1:00 High Jump (W)
- 1:30 Long Jump (M)
- 1:45 Discus (W)

#### Track Events
- 10:45 4x100-meter Relay (W)
- 11:00 4x100-meter Relay (M)
- 11:15 1,500-meter Run (W)
- 11:30 1,500-meter Run (M)
- 11:45 110-meter High Hurdle Final (M)
- 11:55 100-meter Hurdle Final (W)
- 12:05 400-meter Dash (W)
- 12:15 400-meter Dash (M)
- 12:25 100-meter Dash Final (W)
- 12:30 100-meter Dash Finals (M)
- 12:35 800-meter Run (W)
- 12:50 800-meter Run (M)
- 1:05 400-meter Intermediate Hurdle (W)
- 1:20 400-meter Intermediate Hurdle (M)
- 1:35 200-meter Dash (W)
- 1:50 200-meter Dash (M)
- 2:00 5,000-meter Run (W)
- 2:25 5,000-meter Run (M)
- 2:50 4x400-meter Relay (W)
- 3:10 4x400-meter Relay (M)

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*Please note team tents can be placed in the North East corner of the track area (turn 4)*

*No pets allowed in the facility*

*Schedule subject to change if weather becomes an issue*