



## Schedule of Events

### THURSDAY, FEBRUARY 28

**Practice:** 8 a.m. – 9:30 a.m. **IMPLEMENT CHECK-IN:** 10 a.m. – Noon

#### WOMEN'S PENTATHLON

12:00 p.m. 60m Hurdles  
High Jump  
Shot Put  
Long Jump  
800m Run

#### MEN'S HEPTATHLON

12:30 p.m. 60m Dash  
Long Jump  
Shot Put  
High Jump

#### RUNNING EVENTS

##### **CHECK IN NO LATER THAN 30 MIN BEFORE EVENT BEGINS**

2:00 p.m. Women's 5,000m - Semi  
2:45 p.m. Men's 5,000m - Semi  
3:30 p.m. Women's 3,200m Relay - Semi  
4:00 p.m. Men's 3,200m Relay - Semi  
4:30 p.m. Women's 1,600m Relay - Semi  
5:00 p.m. Men's 1,600m Relay - Semi  
5:30 p.m. Women's DMR - Semi  
6:00 p.m. Men's DMR - Semi

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

### FRIDAY, MARCH 1

**IMPLEMENT CHECK-IN:** 10:30 a.m. – Noon

#### MEN'S HEPTATHLON

10 a.m. 60m Hurdles  
Pole Vault  
1000m Run

#### RACE WALK– CHECK IN NO LATER THAN 30 MIN BEFORE THE EVENT BEGINS

10:30 a.m. Women's 3,000m Walk – **FINAL**  
11:25 a.m. Men's 3,000m Walk – **FINAL**

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

12:00 pm. – Women's Mile	2:05 p.m. – Men's 600m	3:55 p.m. – Women's 3,000m
12:20 p.m. – Men's Mile	2:25 p.m. – Women's 60m	4:15 p.m. – Men's 3,000m
12:35 p.m. – Women's 60m Hurdles	2:35 p.m. – Men's 60m	4:40 p.m. – Women's 200m
12:50 p.m. – Men's 60m Hurdles	2:45 p.m. – Women's 800m	5:00 p.m. – Men's 200m
1:05 p.m. – Women's 400m	3:00 p.m. – Men's 800m	5:20 p.m. – Women's 3,200m Relay <b>FINAL</b>
1:25 p.m. – Men's 400m	3:15 p.m. – Women's 1,000m	5:35 p.m. – Men's 3,200m Relay <b>FINAL</b>
1:45 p.m. – Women's 600m	3:30 p.m. – Men's 1,000m	

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

12:00 p.m. – Men's Weight Throw – Prelim & <b>FINAL</b>	3:00 p.m. – Women's Pole Vault – Prelim & <b>FINAL</b>
1:00 p.m. – Women's Long Jump – Prelim & <b>FINAL</b>	3:00 p.m. – Women's Weight Throw – Prelim & <b>FINAL</b>
2:00 p.m. – Men's High Jump – Prelim & <b>FINAL</b>	4:00 p.m. – Men's Long Jump – Prelim & <b>FINAL</b>

### SATURDAY, MARCH 2

**IMPLEMENT CHECK-IN:** 8 a.m. – Noon

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

12:00 p.m. – Championship Ceremonies	1:50 p.m. – Women's 60m <b>FINAL</b>	3:15 p.m. – Women's 200m <b>FINAL</b>
12:25 p.m. – Women's Mile <b>FINAL</b>	2:00 p.m. – Men's 60m <b>FINAL</b>	3:25 p.m. – Men's 200m <b>FINAL</b>
12:35 p.m. – Men's Mile <b>FINAL</b>	2:10 p.m. – Women's 800m <b>FINAL</b>	3:35 p.m. – Women's 5,000m <b>FINAL</b>
12:45 p.m. – Women's 60m Hurdle <b>FINAL</b>	2:15 p.m. – Men's 800m <b>FINAL</b>	4:00 p.m. – Men's 5,000m <b>FINAL</b>
12:55 p.m. – Men's 60m Hurdle <b>FINAL</b>	2:25 p.m. – Women's 1,000m <b>FINAL</b>	4:20 p.m. – Women's DMR <b>FINAL</b>
1:05 p.m. – Women's 400m <b>FINAL</b>	2:35 p.m. – Men's 1,000m <b>FINAL</b>	4:40 p.m. – Men's DMR <b>FINAL</b>
1:15 p.m. – Men's 400m <b>FINAL</b>	2:45 p.m. – Women's 3,000m <b>FINAL</b>	4:55 p.m. – Women's 1,600m Relay <b>FINAL</b>
1:25 p.m. – Women's 600m <b>FINAL</b>	3:00 p.m. – Men's 3,000m <b>FINAL</b>	5:15 p.m. – Men's 1,600m Relay <b>FINAL</b>
1:35 p.m. – Men's 600m <b>FINAL</b>		<b>5:30 p.m. – Awards Ceremony</b>

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

10:00 a.m. – Women's Triple Jump – Prelim & <b>FINAL</b>	1:15 p.m. – Men's Pole Vault – Prelim & <b>FINAL</b>
10:00 a.m. – Women's Shot Put – Prelim & <b>FINAL</b>	1:30 p.m. – Men's Triple Jump – Prelim & <b>FINAL</b>
1:00 p.m. – Men's Shot Put – Prelim & <b>FINAL</b>	1:30 p.m. – Women's High Jump – Prelim & <b>FINAL</b>

*\*The schedule of events is subject to change as deemed necessary after flights/heats are set.*