

SCHEDULE OF EVENTS:

HEPTATHLON

FRIDAY

3:00p	100m Hurdles
Follow	High Jump
Follow	Shot Put
Follow	200m

SATURDAY

11:00a	Long Jump
Follow	Javelin
Follow	800m

THROWS

FRIDAY

Noon	Hammer (Women)
2:30p	Hammer (Men)
5:00p	Javelin (Women)
7:00p	Discus (Men)

SATURDAY

10:00a	Javelin (Men)
10:00a	Shot Put (Women)
12:30p	Shot Put (Men)
12:30p	Discus (Women)

JUMPS

FRIDAY

4:00p	Pole Vault (Women)
4:30p	Long Jump (Men)
7:00p	Long Jump (Women)
7:00p	High Jump (Men)

SATURDAY

10:00a	Triple Jump (Men)
10:00a	Pole Vault (Men)
12:30p	Triple Jump (Women)
12:30p	High Jump (Women)

RUNNING

FRIDAY

7:00p	5,000m (Women)
Follow	5,000m (Men)

SATURDAY

11:00a	4 x 100m Relay (Women)
Follow	4 x 100m Relay (Men)
Follow	1500m (Women)
Follow	1500m (Men)
Follow	100m Hurdles (Women)
Follow	110m Hurdles (Men)
Follow	400m (Women)
Follow	400m (Men)
Follow	100m (Women)
Follow	100m (Men)
Follow	800m (Women)
Follow	800m (Men)
Follow	400m Hurdles (Women)
Follow	400m Hurdle (Men)
Follow	200m (Women)
Follow	200m (Men)
Follow	3k Steeplechase (Women)
Follow	3k Steeplechase (Men)
Follow	4x400m Relay (Women)
Follow	4x400m Relay (Men)

NOTE: ROLLING SCHEDULE



