



## SCHEDULE OF EVENTS

### Friday, May 2

#### Multi Events Day 1

9:00am	Decathlon 100m Dash
9:15am	Heptathlon 100m Hurdles
9:45am	Decathlon Long Jump
10:00am	Heptathlon High Jump
11:15am	Decathlon Shot Put
11:45am	Heptathlon Shot Put
12:15pm	Decathlon High Jump
12:45pm	Heptathlon 200m Dash
1:45pm	Decathlon 400m Dash

#### Field Events

2:00pm	W Triple Jump
2:30pm	W Hammer Throw
2:30pm	M Javelin Throw
3:30pm	M Triple Jump
3:30pm	M High Jump
3:30pm	W Pole Vault
4:00pm	W Javelin Throw
4:00pm	M Hammer Throw
5:00pm	W High Jump

#### Track Events

3:30pm	M/W 100m Dash Prelims
4:00pm	M 3,000m Steeplechase
4:20pm	W 3,000m Steeplechase
4:55pm	M/W High Hurdle Prelims
5:15pm	M/W 200m Dash Prelims
6:00pm	M 10,000m Run
6:45pm	W 10,000m Run

### Saturday, May 3

#### Multi Events Day 2

9:00am	Decathlon 110m Hurdles
9:15am	Heptathlon Long Jump
9:45am	Decathlon Discus Throw
10:15am	Heptathlon Javelin Throw
10:45am	Decathlon Pole Vault
11:15am	Heptathlon 800m Run
12:15pm	Decathlon Javelin Throw
1:15pm	Decathlon 1,500m Run

#### Field Events

2:00pm	M Long Jump
2:00pm	M Discus Throw
2:00pm	W Shot Put
3:30pm	W Long Jump
3:30pm	W Discus Throw
3:30pm	M Shot Put
3:30pm	M Pole Vault

#### Track Events

2:00pm	W 5,000m Run
2:30pm	M/W 4x100m Relay
2:45pm	M/W 1,500m Run
3:15pm	M 110m High Hurdle Finals
3:30pm	W 100m High Hurdle Finals
3:50pm	M/W 400m Dash
4:10pm	M/W 100m Dash Finals
4:20pm	M/W 800m Run
4:50pm	M/W 400m Hurdles
5:20pm	M/W 200m Dash Finals
5:30pm	M 5,000m Run
6:00pm	W 3,000m Run
6:30pm	M/W 4x400m Relay
7:00pm	Awards Presentation