

## Times listed are Central Time Zone.

| FRIDAY, MARCH 8 - TRACK EVENTS |  |  |
| :--- | :--- | :--- |
| Time Event | Division | Round |
| 5:30 PM Mile | Women | Semifinal |
| 5:45 PM Mile | Men | Semifinal |
| 6:00 PM 60 Hurdles | Women | Semifinal |
| 6:15 PM 60 Hurdles | Men | Semifinal |
| 6:25 PM 400 Meters | Women | Semifinal |
| 6:40 PM 400 Meters | Men | Semifinal |
| 6:55 PM 60 Meters | Women | Semifinal |
| 7:05 PM 60 Meters | Men | Semifinal |
| 7:15 PM 800 Meters | Women | Semifinal |
| 7:25 PM 800 Meters | Men | Semifinal |
| 7:35 PM 200 Meters | Women | Semifinal |
| 7:45 PM 200 Meters | Men | Semifinal |
| 7:55 PM 5000 Meters | Women | Final |
| 8:15 PM 5000 Meters | Men | Final |
| 8:35 PM 200 Meters | Women | Final |
| 8:40 PM 200 Meters | Men | Final |
| 8:45 PM Distance Medley Relay | Women | Final |
| 9:00 PM Distance Medley Relay | Men | Final |


| FRIDAY, MARCH 8 - FIELD EVENTS |  |  |
| :--- | :--- | :--- |
| Time Event | Division | Round |
| 12:30 PM Weight Throw | Women | Trials \& Final |
| 3:15 PM High Jump | Women | Final |
| 3:15 PM Shot Put | Men | Trials \& Final |
| 5:30 PM Long Jump | Men | Trials \& Final |
| 5:30 PM Long Jump | Women | Trials \& Final |
| 5:30 PM Pole Vault | Men | Final |


| SATURDAY, MARCH 9 - TRACK EVENTS |  |  |
| :--- | :--- | :--- | :--- |
| Time | Event | Division Round |
| 6:00 PM Mile | Women | Final |
| 6:10 PM Mile | Men | Final |
| 6:20 PM 60 Hurdles | Women | Final |
| 6:30 PM 60 Hurdles | Men | Final |
| 6:40 PM 400 Meters | Women | Final |
| 6:50 PM 400 Meters | Men | Final |
| 7:00 PM 60 Meters | Women | Final |
| 7:10 PM 60 Meters | Men | Final |
| 7:20 PM 800 Meters | Women | Final |
| 7:30 PM 800 Meters | Men | Final |
| 7:40 PM 3000 Meters | Women | Final |
| 7:55 PM 3000 Meters | Men | Final |
| 8:05 PM $4 \times 400$ Relay | Women | Final |
| 8:20 PM $4 \times 400$ Relay | Men | Final |


| SATURDAY, MARCH 9 - FIELD EVENTS |  |  |
| :--- | :--- | :--- | :--- |
| Time $\quad$ Event | Division Round |  |
| 2:00 PM Weight Throw | Men | Trials \& Final |
| 3:30 PM High Jump | Men | Final |
| 4:00 PM Shot Put | Women | Trials \& Final |
| 5:30 PM Pole Vault | Women | Final |
| 6:00 PM Triple Jump | Men | Trials \& Final |
| 6:00 PM Triple Jump | Women | Trials \& Final |

## FRIDAY COMBINED EVENTS

The combined events will be on a rolling schedule with 30 minutes between each event. Heptathlon will begin at 10:00 a.m. with the 60 meters.

## SATURDAY COMBINED EVENTS

The combined events will be on a rolling schedule with 30 minutes between each event. Pentathlon will begin at 11:45 a.m. with the 60 hurdles and the heptathlon at 11:00 a.m. with the 60 hurdles.

