

2016 – REVISED 2-18-16

Friday Night Special

Time Schedule

	<u>TIME</u>		<u>EVENT</u>	<u>Min/Strt Mks</u>
FIELD EVENTS	2:00pm	women	Weight Throw	34'
	follows women	men		38'
	follows wt	women	Shot Put	30'
	follows women	men		38'
	2:30pm	women	Long Jump	15'
	follows women	men		20'
	follows lj	women	Triple Jump	32'
	follows women	men		43'
	3:00pm	<u>women</u>	Pole Vault	8'06
	follows men	<u>men</u>		13'00
	5:00pm	women	High Jump	4'10"
	follows women	men		6'00

RUNNING

EVENTS

3:15pm	combined	5K
3:40pm	men	60 H Prelims
3:50PM	women	
4:10pm	men	60 M Prelims
4:30PM	women	
4:45pm	women	Mile
4:30PM	men	
5:05pm	women	60 H Finals
5:10PM	men	
5:15	women	60 M Finals
5:20PM	men	
5:30	women	400 M Dash
5:50PM	men	

ALL TIMES ARE APPROXIMATE.....WE MAY ROLL AHEAD IF APPROPRIATE

6:00-6:20pm All 200 meter runners must check in or they will be scratched!

6:10	women	600 M Run
6:17PM	men	
6:25	women	800 M Run
6:35PM	men	
6:45	women	400 Hurdles
6:50PM	men	
6:55	men	3K
7:10	women	200 M Dash
7:40	men	
8:15	women	3K
8:30	women	4 x 400
8:40	men	
8:50	women	1000 M Run
8:55	men	