

Friday, February 26, 2016**8:30 a.m. Implement Weigh-in (Multis)**

9:00 a.m.	Pentathlon	Heptathlon
	55 meter hurdles	55 meter dash (9:10am approximate)
	High Jump (9:38am approximate)	Long Jump (9:48am approximate)
	Shot Put (11:48am approximate)	Shot Put (10:54am approximate)
	Long Jump (12:40pm approximate)	High Jump (11:42am approximate)
	800 meter run (1:55pm approximate)	

12 – 1:00 p.m. Implement Weigh-in

2:30/4:30 p.m.	Long Jump (W-M)	Trials/Finals	4:30 p.m.	55 meter (M-W)	Trials
2:30/4:30 p.m.	High Jump (M-W)	Finals	5:00 p.m.	55 meter HH (M-W)	Trials
2:30/4:30 p.m.	Weight Throw (W-M)	Trials/Finals	5:30 p.m.	200 meter (M-W)	Trials
*3:00 p.m.	55m/High Hurdles (M-W)	<i>prelims if needed</i>	6:10 p.m.	DMR (M-W)	Finals
3:30 p.m.	800 meter (M-W)	Trials	6:40 p.m.	5,000 meter (M-W)	Finals
4:00 p.m.	400 meter (M-W)	Trials			

Saturday, February 27, 2016**9 – 10:00 a.m. Implement Weigh-in**

9:00 a.m.	Heptathlon				
	55 meter hurdles				
	Pole Vault (9:38am approximate)				
	1,000 meter (12:16pm approximate)				
11:00 a.m./1:00 p.m.	Shot Put (W-M)	Trials/Finals	2:25 p.m.	55 meter HH (M-W)	Finals
11:00 a.m./1:00 p.m.	Triple Jump (W-M)	Trials/Finals	2:45 p.m.	800 meter (M-W)	Finals
11:00 a.m./1:00 p.m.	Pole Vault (W-M)	Finals	3:00 p.m.	200 meter (M-W)	Finals
1:30 p.m.	One Mile Run (M-W)	Finals	3:15 p.m.	3,000 meter (M-W)	Finals
1:50 p.m.	400 meter (M-W)	Finals	3:45 p.m.	One mile relay (M-W)	Finals
2:10 p.m.	55 meter (M-W)	Finals			

****All Times Central**