

Friday Night Special

Time Schedule

FIELD EVENTS	<u>TIME</u>		<u>EVENT</u>
	2:00pm	women	Weight Throw
	follows women	men	
	follows wt	women	Shot Put
	follows women	men	
	2:30pm	women	Long Jump
	follows women	men	
	follows lj	women	Triple Jump
	follows women	men	
	3:00pm	<u>women</u>	Pole Vault
	follows men	<u>men</u>	
	5:00pm	women	High Jump
	follows women	men	
RUNNING EVENTS	3:00pm	women	5K
		men	
	3:40pm	men	60 H Prelims
		women	
	4:05pm	men	60 M Prelims
		women	
	4:40pm	women	Mile
	4:45pm	men	
<i>WE WILL OPERATE ON A ROLLING SCHEDULE FROM HERE BASED ON ENTRIES!!</i>			
	5:10pm	women	60 H Finals
	5:20pm	men	
	5:30pm	women	60 M Finals
	5:40pm	men	
	5:50pm	women	400 M Dash
	6:05pm	men	
5:30-6:00pm All 200 meter runners must check in or they will be scratched!			
	6:25pm	women	600 M Run
	6:35pm	men	
	6:50pm	women	800 M Run
	7:05pm	men	
	7:20pm	men	3K
	7:40pm	women	200 M Dash
	8:05pm	men	
	8:35pm	women	3K
		women	Distance Medley
	8:50pm	men	
	9:05pm	women	4 x 400
	9:15pm	men	
	9:25pm	men	1000 M Run