

2016

# Friday Night Special

## Time Schedule

	<u>TIME</u>		<u>EVENT</u>	<u>Min/Strt Mks</u>
FIELD EVENTS	<b>2:00pm</b>	women	<b>Weight Throw</b>	34'
	follows women	men		38'
	follows wt	women	<b>Shot Put</b>	30'
	follows women	men		38'
	<b>2:30pm</b>	women	<b>Long Jump</b>	15'
	follows women	men		20'
	follows lj	women	<b>Triple Jump</b>	32'
	follows women	men		43'
	<b>3:00pm</b>	<u>women</u>	<b>Pole Vault</b>	8'06
	follows men	<u>men</u>		13'00
RUNNING EVENTS	<b>5:00pm</b>	women	<b>High Jump</b>	4'10"
	follows women	men		6'00
	<b>3:00pm</b>		<b>4 x 800 Relay</b>	
	<b>3:15pm</b>	combined	<b>5K</b>	
	<b>3:40pm</b>	men	<b>60 H Prelims</b>	
		women		
	<b>4:05pm</b>	men	<b>60 M Prelims</b>	
		women		
	<b>4:40pm</b>	women	<b>Mile</b>	
		men		
<b>ALL TIMES ARE APPROXIMATE.....WE MAY ROLL AHEAD IF APPROPRIATE</b>				
	<b>5:10pm</b>	women	<b>60 H Finals</b>	
		men		
	<b>5:20</b>	women	<b>60 M Finals</b>	
		men		
	<b>5:30</b>	women	<b>400 M Dash</b>	
		men		
<b>5:30-6:00pm All 200 meter runners must check in or they will be scratched!</b>				
	<b>6:00</b>	women	<b>600 M Run</b>	
		men		
	<b>6:20</b>	women	<b>800 M Run</b>	
		men		
	<b>6:35</b>	women	<b>400 Hurdles</b>	
		men		
	<b>6:50</b>	men	<b>3K</b>	
	<b>7:05</b>	women	<b>200 M Dash</b>	
	<b>7:25</b>	men		
	<b>7:50</b>	women	<b>3K</b>	
	<b>8:05</b>	women	<b>4 x 400</b>	
	<b>8:10</b>	men		
	<b>8:20</b>	women	<b>1000 M Run</b>	
		men		