

2018

Friday Night Special

Time Schedule

FIELD	<u>TIME</u>		<u>EVENT</u>	<u>Min/Strt Mks</u>	
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	8'00	
	follows men	<u>men</u>		12'00	
RUNNING EVENTS	5:00pm	women	High Jump	4'10"	
	follows women	men		6'00	
	3:00pm		4 x 800 Relay		
	3:15pm	combined	5K		
	3:40pm	men	60 H Prelims		
		women			
	4:05pm	men	60 M Prelims		
		women			
	4:40pm	women	Mile		
		men			
<i>ALL TIMES ARE APPROXIMATE.....WE MAY ROLL AHEAD IF APPROPRIATE</i>					
EVENTS	5:10pm	women	60 H Finals		
		men			
	5:20	women	60 M Finals		
		men			
	5:30	women	400 M Dash		
		men			
	<u>5:30-6:00pm All 200 meter runners must check in or they will be scratched!</u>				
	6:00	women	600 M Run		
		men			
	6:25	women	800 M Run		
	men				
6:45	women	400 Hurdles			
	men				
6:55	men	3K			
7:10	women	200 M Dash			
7:40	men				
8:15	women	3K			
8:30	women	4 x 400			
8:50	men				
9:00	women	1000 M Run			
	men				