FRIDAY
1:00 HEPTATHLON

SATURDAY
9:00 HEPTATHLON 60 METER HURDLES
9:35 HEPTATHLON POLE VAULT
11:00 35LB. WT./TRIALS AND FINAL; LONG JUMP/TRIALS AND FINAL;
SHOT PUT FOLLOWS WEIGHT.
11:30 60 METER TRIALS (Heats as needed qualifying to Finals)
POLE VAULT FINAL TO BEGIN 1:15 MINUTES AFTER
COMPLETEION OF HEPTATHLON POLE VAULT.
12:00 60 METER HH TRIALS (Heats as needed qualifying to Finals)
HEPTATHLON 1000 METERS 30 MINUTES AFTER
COMPLETION OF HEPTATHLON POLE VAULT
1:00 HIGH JUMP FINAL
1:15 MILE RUN SEEDED SECTION
1:25 60 METER HH FINAL
1:35 400 METER FINAL (SECTIONS ON TIME)
1:45 TRIPLE JUMP/TRIALS AND FINAL
1:50 600 METER FINAL (SECTIONS ON TIME)
2:05 60 METER FINAL
2:15 800 METER FINAL (SECTIONS ON TIME)
2:25 1000 METER FINAL (SECTIONS ON TIME)
2:35 200 METER FINAL (SECTIONS ON TIME)
2:55 3000 METER FINALS ON TIME (SECTIONS IF NECESSARY)
3:20 5000 METER FINAL
3:40 DISTANCE MEDLEY RELAY - SEEDED SECTIONS,
TIME BASIS, FASTEST SECTION LAST
3:50 1600 METER RELAY - SEEDED SECTIONS, TIME
BASIS, FASTEST SECTION LAST
4:05 3200 METER RELAY - SEEDED SECTIONS, TIME
BASIS, FASTEST SECTION LAST