

**Friday****HEPTATHLON**

2:00 pm        Heptathlon 60m  
                  Heptathlon Long Jump (30 minutes after completion of 60m)  
                  Heptathlon Shot Put (30 minutes after completion of LJ)  
                  Heptathlon High Jump (30 minutes after completion of SP)

**FIELD EVENTS**

4:00 pm        Pole Vault

**TRACK EVENTS** (seeded sections, slow to fast)

5:30 pm        Distance Medley sections  
6:00 pm        5000 meters sections

**Saturday****HEPTATHLON**

10:00 am        Heptathlon 60m HH  
                  Heptathlon Pole Vault (30 minutes after completion of 60m HH)  
                  Heptathlon 1000m (30 minutes after completion of PV)

**FIELD EVENTS** (seeded flights, top flight last)

10:30 am        Weight Throw  
10:30 am        Long Jump  
11:30 pm        High Jump  
1:00 pm        Shot Put  
1:00 pm        Triple Jump

**TRACK EVENTS** (seeded sections, slow to fast)

11:00 am        60m High Hurdles trials  
11:30 am        60 meters trials  
12:00 pm        Mile sections  
12:15 pm        60m High Hurdles final  
12:25 pm        400 meters sections  
12:40 pm        600 meters sections  
12:55 pm        60 meters final  
1:05 pm        800 meters sections  
1:20 pm        1000 meters sections  
1:35 pm        200 meters sections  
1:50 pm        3000 meters sections  
2:15 pm        4x400 meters sections  
2:30 pm        4x800 meters sections