TENTATIVE MEET SCHEDULE

FRIDAY, JANUARY 31, 2020
2:30 pm  Pentathlon 60M Hurdles
3:25 pm  Pentathlon High Jump (2 pits)
4:15 pm  Heptathlon 60M Dash
4:45 pm  Heptathlon Long Jump
4:55 pm  Pentathlon Shot Put (Both circles)
5:00 pm  Women’s Pole Vault
5:40 pm  Heptathlon Shot Put (Infield circle)
5:55 pm  Pentathlon Long Jump
6:30 pm  Heptathlon High Jump
7:40 pm  Pentathlon 800M Run

SATURDAY, FEBRUARY 1, 2020
JUMPS
11:00 am  Women’s High Jump
11:55 pm  Heptathlon Pole Vault
1:00 pm  Long Jump- 2 Pits (Both Genders Simultaneously)
1:00 pm  Men’s High Jump
2:30 pm  Men’s Pole Vault
3:15 pm  Triple Jump - 2 Pits (Both Genders Simultaneously)

THROWS
11:00 am  Women’s Weight (2 flights - 9 to finals)
2:00 pm  Women’s Shot (2 flights – 9 to finals)

RUNNING EVENTS
11:00 am  Heptathlon 60M Hurdles
11:30am  5,000 Meter Run
11:55 am  National Anthem
12:00 pm  60 Meter Hurdle Trials (Women) 9 Advance to Finals
12:15 pm  60 Meter Dash Trials (Men) 9 Advance to Finals
12:25 pm  60 Meter Dash Trials (Women) 9 Advance to Finals
12:30 pm  Goldy’s Kids Run
12:45 pm  One Mile Run (Men)
1:00 pm  One Mile Run (Women)
1:20 pm  60 Meter Hurdle Finals (Women)
1:30 pm  60 Meter Hurdle Finals (Men)
1:40 pm  60 Meter Dash Finals (Women)
1:45 pm  60 Meter Dash Finals (Men)
1:55 pm approx.  Heptathlon 1,000m Run
2:00 pm  400 Meter Dash (Men)
2:10 pm  400 Meter Dash (Women)
2:25 pm  800 Meter Run (Men)
2:30 pm  800 Meter Run (Women)
2:45 pm  600 Meter Dash (Men)
2:55 pm  600 Meter Dash (Women)
3:05 pm  200 Meter Dash (Men) Must Declare by 800m Start
3:20 pm  200 Meter Dash (Women) Must Declare by 800m Start
3:45 pm  3,000 Meter Run (Men)
4:10 pm  3,000 Meter Run (Women)
4:25 pm  4 x 400 Meter Relay (Men) Must Declare by Men’s 3k Start
4:35 pm  4 X 400 Meter Relay (Women) Must Declare by Women’s 3k Start

Updated: 10/9/19