

Saturday March 22

Implement Weigh In Schedule:

8:00am-12:00pm (Equipment Shed)

FIELD EVENTS:

10:00am	Discus	Men (2) followed by Women (3)
	Shot Put	Women (3) followed by Men (2)
	Long Jump	Men (3) (east pit, closest to javelin field)
	Long Jump	Women (4) (west pit, closest to track)
	Pole Vault	Women followed by Men (1 flight each "5 alive")
	High Jump	Women (1 flight "5 alive")
1:30pm	High Jump	Men (1 flight "5 alive")
2:30pm	Triple Jump	Men (2) (east pit)
	Triple Jump	Women (2) (west pit)

TRACK EVENTS (Women followed by Men):

10:00am	5000 meter	Women (1)
	5000 meter	Men (1)
11:00am	4x100 meter relay	Women (2)
	4x100 meter relay	Men (2)
11:20am	Shamrock Invitational	Men's Mile (1)
	1500 meter	Women (3)
	1500 meter	Men (3)
12:15pm	100 meter HH Finals	Women A & B
	110 meter HH Finals	Men A & B
12:45pm	400 meter	Women (6)
	400 meter	Men (6)
1:30pm	100 meter Finals	Women A & B
	100 meter Finals	Men A & B
2:00pm	800 meter	Women (6)
	800 meter	Men (5)
2:45pm	400 meter LH	Women (5)
	400 meter IH	Men (4)
3:30pm	200 meter	Women (Must Check-in by 2:30pm, Seed after check-in)
	200 meter	Men (Must Check-in by 2:30pm, Seed after check-in)
4:15pm	3000 meter SC	Women (1)
	3000 meter SC	Men (1)
4:45pm	4x400m relay	Women (Must check-in by 4:00pm, Seed after check-in)
	4x400m relay	Men (Must check-in by 4:00pm, Seed after check-in)