

Meet notes: On Saturday the 5K will have an Open Division and an Invitational division. The Open women will race at 7:00 PM and the men will race at 7:30 PM. Invitational 5K's will start at 9:30 PM.

Field Events with 2 flights, will receive 30 minutes of warmup time for each flight. Check in at your field event site and enter the track through the hip number tent at the SW corner of the track.

Implement certification will take place at the SW corner of the track from 8:00 AM-Noon.

<u>Friday, May 14</u>	<u>Friday, May 14</u>
Track Events	Field Events
2:15 Heptathlon HH 4:15 Decathlon 100 meters 6:00 Heptathlon 200m 7:30 1500m Women 8:00 1500m Men 8:45 Decathlon 400m 8:55 10K Women 9:40 10K Men	9:00 AM Hammer Women (1 FLIGHT) 10:30 AM Hammer Men (1 FLIGHT) 12:00 PM Discus Men (2 FLIGHTS) 12:00 PM Shot Put Women (1 FLIGHT) 1:00 PM Pole Vault Men (1 FLIGHT) 1:00 PM Long Jump Women (2 FLIGHTS) 2:00 PM Javelin Women (1 FLIGHT) 2:00 PM Discus Women (1 FLIGHT) 2:00 PM Shot Put Men (1 FLIGHT) 3:00 Heptathlon High jump 3:00 PM Long Jump Men (2 flights) 3:00 PM Pole Vault Women (FLIGHT 1, 3.70m and higher) 3:30 PM Javelin Men 5:00 PM Pole Vault Women (FLIGHT 2, 3.55m and lower) 5:00 PM DECATHLON Long jump 5:00 pm Heptathlon Shot put 6:00 pm Decathlon Shot put 7:00 pm Decathlon High Jump
<u>Saturday, May 15</u>	<u>Saturday, May 15</u>
Track Events	Field Events
1:30 4x100 Women 1:35 4x100 Men 1: 50 110 HH Men 2:05 100 HH Women 2:20 400m Women 2:30 400m Men 2:45 100m Women 3:00 100m Men 3:20 400 Hurdles Women 3:30 400 Hurdles Men 3:55 200m Women 28 4:15 200m Men 24 4:30 4 x 400 Relay Women 4:40 4 x 400 Relay Men Distance Carnival 7:00 Open 5K women 7:30 Open 5K men 7:50 Decathlon 1500m 8:00 Heptathlon 800m 8:05 800m Women (Slow to fast) 8:20 800m Men (Slow to fast) 9:00 Steeple Chase Women 9:15 Steeple Chase Men 9:30 Invitational 5K Women 9:50 Invitational 5K Men's heats (Fast to slow)	12:00 PM Triple Jump Women (2 FLIGHTS) 12:30 PM High Jump Women (1 FLIGHT) 2:30 PM High Jump Men (1 FLIGHT) 2:30 PM Triple Jump Men (1 FLIGHT) 2:45 PM Decathlon Discus (1 FLIGHTS) 4:00 PM Decathlon Pole Vault (1 FLIGHT) 4:45 PM Heptathlon Long Jump (1 FLIGHT) 5:45 PM Heptathlon Javelin (1 FLIGHT) 6:45 PM Decathlon Javelin (1 FLIGHT)