



**Saturday, April 13, 2013**  
**UPDATED 4/11/13**

<u>FIELD EVENTS</u>			<u>RUNNING EVENTS</u>		
11:30AM	Pole Vault	(W)	12:00 PM	3000m Steeple	(W)
	Hammer	(W)	12:15 PM	3000m Steeple	(M)
	High Jump	(M)	12:30 PM	4x100m	(W)
	Long Jump	(W)	12:35 PM	4x100m	(M)
	Shot Put	(M)	12:45 PM	1500m	(W)
1:00 PM			1:05 PM	1500m	(M)
	Long Jump	(M)	1:30 PM	100mHH	(W)
	Shot Put	(W)	1:40 PM	110mHH	(M)
	Hammer	(M)	1:55 PM	400m	(W)
	Pole Vault	(M)	2:05 PM	400m	(M)
2:30 PM	High Jump	(W)	2:20 PM	100m	(W)
			2:35 PM	100m	(M)
	Discus	(M)	2:55 PM	800m	(W)
	Triple Jump	(M)	3:10 PM	800m	(M)
	Javelin	(W)	3:30 PM	400IH	(W)
4:00 PM			3:40 PM	400IH	(M)
	Discus	(W)	4:00 PM	200m	(W)
	Triple Jump	(W)	4:15 PM	200m	(M)
	Javelin	(M)	4:30 PM	5000m	(W)
			4:55 PM	5000m	(M)
			5:30 PM	4x800m	(W)
			5:45 PM	4x800m	(M)
			6:00 PM	4x400m	(W)
			6:05 PM	4x400m	(M)

➔ We will not move more than 15 minutes ahead of schedule, but we will try to go ahead whenever possible.

➔ Coaches – Please indicate all scratches when you arrive at the clerk table by the barn. Please have your athletes check back 20 min prior to event to receive your hip numbers.