



2016 SCHEDULE OF FIELD EVENTS

JUMPING EVENTS

FRIDAY, MARCH 18

Time	Event	Division	
9:30 AM	Long Jump	University	Women
	Long Jump	University	Men
12 noon	Pole Vault	University	Women
1:30 PM	High Jump	High School	Girls
	Long Jump	High School	Girls
	Long Jump	High School	Boys
3:00 PM	Pole Vault	University	Men
3:30 PM	High Jump	University	Women

SATURDAY, MARCH 19

Time	Event	Division	
9:00 AM	Triple Jump	High School	Girls
	Triple Jump	High School	Boys
11:00 AM	High Jump	High School	Boys
	Pole Vault	High School	Girls
1:00 PM	Triple Jump	University	Women
	Triple Jump	University	Men
2:00 PM	High Jump	University	Men
	Pole Vault	High School	Boys

THROWING EVENTS

FRIDAY, MARCH 18

Time	Event	Division	
9:30 AM	Hammer	University	Women
11:30 AM	Hammer	University	Men
1:30 PM	Discus	High School	Girls
	Shot Put	High School	Boys
3:30 PM	Shot Put	University	Women
	Discus	University	Men

SATURDAY, MARCH 19

Time	Event	Division	
9:30 AM	Javelin	University	Men
11:30 AM	Javelin	University	Women
	Shot Put	High School	Girls
	Shot Put	University	Men
1:30 PM	Discus	High School	Boys
	Discus	University	Women



2016 SCHEDULE OF RUNNING EVENTS

FRIDAY, MARCH 18

Time	Event	Division		
8:30 AM	5,000 Meters	UC/O	Women	Final
	5,000 Meters	UC/O	Men	Final
10:10 AM	100 Meter Hurdles (8 advance)	UC	Women	Prelim
	110 Meter Hurdles (8 advance)	UC	Men	Prelim
10:40 AM	400 Meters	UC	Women	Prelim
	400 Meters	UC	Men	Prelim
11:10 AM	100 Meters (8 advance)	UC	Women	Prelim
	100 Meters (8 avances)	UC	Men	Prelim
11:40 AM	400 Meter Hurdles (heats against time)	UC	Women	Final
	400 Meter Hurdles (heats against time)	UC	Men	Final
1:30 PM	1,600 Meters (16 advance)	HS	Girls	Prelim
	1,600 Meters (16 advance)	HS	Boys	Prelim
2:40 PM	*400 Meters	HS	Girls	Prelim
	*400 Meters	HS	Boys	Prelim
3:20 PM	100 Meters (8 advance)	HS	Girls	Prelim
	100 Meters (8 advance)	HS	Boys	Prelim
4:20 PM	300 Meter Hurdles (heats against time)	HS	Girls	Final
	300 Meter Hurdles (heats against time)	HS	Boys	Final
5:10 PM	*4x200 Meter Relay (16 advance)	HS	Girls	Prelim
	*4x200 Meter Relay (16 advance)	HS	Boys	Prelim
	Sprint Medley Relay	HS	Girls	Final
	Sprint Medley Relay	HS	Boys	Final
	*4x400-Meter Relay (16 advance)	HS	Girls	Prelim
	*4x400-Meter Relay (16 advance)	HS	Boys	Prelim

* No Blocks Prelim - 400/4x200/4x400

UC-University/College

O-Open

HS-High School

MS-Middle School



2016 SCHEDULE OF RUNNING EVENTS

SATURDAY, MARCH 21

Time	Event	Division		
7:00 AM	5,000/10,000/Mile Race Walk	O	Co-Ed	Final
8:00 AM	Distance Medley Relay	HS	Girls	Final
	Distance Medley Relay	HS	Boys	Final
8:50 AM	3,200 Meters	HS	Girls	Final
	3,200 Meters	HS	Boys	Final
9:45 AM	100 Meter Hurdles (8 advance)	HS	Girls	Prelim
	110 Meter Hurdles (8 advance)	HS	Boys	Prelim
10:20 AM	4x100-Meter Relay (16 advance)	HS	Girls	Prelim
	4x100-Meter Relay (16 advance)	HS	Boys	Prelim
11:05 AM	200 Meters (heats against time)	HS	Girls	Final
	200 Meters (heats against time)	HS	Boys	Final
	200 Meters (heats against time)	O	Women	Final
	200 Meters (heats against time)	UC	Women	Final
	200 Meters (heats against time)	O	Men	Final
	200 Meters (heats against time)	UC	Men	Final
12:35 PM	800 Meters (heats against time)	UC/O	Women	Final
	800 Meters (heats against time)	HS	Girls	Final
	800 Meters (heats against time)	UC/O	Men	Final
	800 Meters (heats against time)	HS	Boys	Final
1:35 PM	4x200-Meter Relay	MS	Girls	Final
	4x200-Meter Relay	MS	Boys	Final
	4x200-Meter Relay	UC	Women	Final
	4x200-Meter Relay (Teams 9-16)	HS	Girls	Final
	4x200-Meter Relay (Teams 1-8)	HS	Girls	Final
	4x200-Meter Relay	UC	Men	Final
	4x200-Meter Relay (Teams 9-16)	HS	Boys	Final
	4x200-Meter Relays (Teams 1-8)	HS	Boys	Final

3:00 PM **OPENING CEREMONIES**



2016 SCHEDULE OF RUNNING EVENTS

SATURDAY, MARCH 19

Time	Event	Division		
3:30 PM	4x100-Meter Relay	MS	Girls	Final
	4x100-Meter Relay	MS	Boys	Final
	4x100-Meter Relay Invtl.	Open	Women	Final
	4x100-Meter Relay Invtl.	Open	Men	Final
	4x400-Meter Relay Invtl.	Open	Women	Final
	4x400-Meter Relay Invtl.	Open	Men	Final
	4x100-Meter Relay (heats against time	UC	Women	Final
	4x100-Meter Relay (Teams 9-16)	HS	Girls	Final
	4x100-Meter Relay (Teams 1-8)	HS	Girls	Final
	4x100-Meter Relay (heats against time	UC	Men	Final
	4x100-Meter Relay (Teams 9-16)	HS	Boys	Final
	4x100-Meter Relay (Teams 1-8)	HS	Boys	Final
	400 Meters Invtl.	Open	Women	Final
	400 Meters	UC	Women	Final
4:10 PM	400 Meters	HS	Girls	Final
	400 Meters Invtl.	Open	Men	Final
	400 Meters	UC	Men	Final
	400 Meters	HS	Boys	Final
	100 Meter Hurdles Invtl.	Open	Women	Final
	100 Meter Hurdles	UC	Women	Final
4:30 PM	100 Meter Hurdles	HS	Girls	Final
	110 Meter Hurdles Invtl.	Open	Men	Final
	110 Meter Hurdles	UC	Men	Final
	110 Meter Hurdles	HS	Boys	Final
	100 Meters Inv.	Open	Women	Final
	100 Meters	UC	Women	Final
4:55 PM	100 Meters	HS	Girls	Final
	100 Meters Inv.	Open	Men	Final
	100 Meters	U/C	Men	Final
	100 Meters	HS	Boys	Final
	1,500 Meters (heats against time)	UC/O	Women	Final
	1,500 Meters (heats against time)	UC/O	Men	Final
5:20 PM	1,600 Meters	HS	Girls	Final
	1,600 Meters	HS	Boys	Final
	4x400-Meter Relay (heats against time	UC	Women	Final
	4x400-Meter Relay (Teams 9-16)	HS	Girls	Final
	4x400-Meter Relay (Teams 1-8)	HS	Girls	Final
	4x400-Meter Relay (heats against time	UC	Men	Final
5:50 PM	4x400-Meter Relay (Teams 9-16)	HS	Boys	Final
	4x400-Meter Relay (Teams 1-8)	HS	Boys	Final

UC-University/College O-Open HS-High School MS-Middle School