

2018

Friday Night Special

Time Schedule

	<u>TIME</u>		<u>EVENT</u>	<u>Min/Strt Mks</u>
FIELD EVENTS	2:00pm	women	Weight Throw	34'
	follows women	men		38'
	follows wt	women	Shot Put	30'
	follows women	men		38'
	2:30pm	women	Long Jump	15'
	follows women	men		20'
	follows lj	women	Triple Jump	32'
	follows women	men		43'
	3:00pm	women	Pole Vault	8'00
	follows men	men		12'00
RUNNING EVENTS	5:00pm	women	High Jump	4'10"
	follows women	men		6'00
	3:00pm		4 x 800 Relay	
	3:15pm	combined	5K	
	3:40pm	men	60 H Prelims	
		women		
	4:05pm	men	60 M Prelims	
		women		
	4:40pm	women	Mile	
		men		
ALL TIMES ARE APPROXIMATE.....WE MAY ROLL AHEAD IF APPROPRIATE				
	5:10pm	women	60 H Finals	
		men		
	5:20	women	60 M Finals	
		men		
	5:30	women	400 M Dash	
		men		
5:30-6:00pm All 200 meter runners must check in or they will be scratched!				
	6:00	women	600 M Run	
		men		
	6:25	women	800 M Run	
		men		
	6:45	women	400 Hurdles	
		men		
	6:55	men	3K	
	7:10	women	200 M Dash	
	7:40	men		
	8:15	women	3K	
	8:30	women	4 x 400	
	8:50	men		
	9:00	women	1000 M Run	
		men		