

Thursday April 29th – Distance Events

6:00 PM	800m Dash	women
6:15 PM	800m Dash	men
6:30 PM	1500m Run	women
6:50 PM	1500m Run	men
7:10 PM	3000m Steeple	women
7:30 PM	3000m Steeple	men
7:50 PM	5000m Run	women
8:20 PM	5000m Run	men

Friday April 30th – Sprint Events

1:00 PM	4x100m Relay	men
1:10 PM	4x100m Relay	women
1:20 PM	100m Hurdles	men
1:30 PM	110m Hurdles	women
1:40 PM	400m Dash	men
1:50 PM	400m Dash	women
2:00 PM	100m Dash	men
2:15 PM	100m Dash	women
2:30 PM	800m Run	men
2:45 PM	800m Run	women
3:00 PM	400m Hurdles	men
3:15 PM	400m Hurdles	women
3:30 PM	200m	men
3:50 PM	200m	women
4:20 PM	4x400m Relay	men
4:40 PM	4x400m Relay	women