

FINAL SCHEDULE

Friday, January 15, 2021

Start		Field Event
5:00pm	Women	Triple Jump
5:00pm	Women	Pole Vault - UNSEEDED
5:00pm	Men	Weight Throw
7:00pm	Men	Triple Jump
7:00pm	Women	Weight Throw
7:30pm	Men	Pole Vault - UNSEEDED

Start		Running Events
5:00pm	Women	3000m Run
5:15pm	Men	3000m Run
5:40pm	Women	1000m Run
5:50pm	Men	1000m Run
6:05pm	Women	60m Hurdles - Prelim
6:20pm	Men	60m Hurdles - Prelim
6:30pm	Women	60m Dash - Prelim
6:40pm	Men	60m Dash - Prelim
6:50pm	Women	Mile Run
7:05pm	Men	Mile Run
7:20pm	Women	60m Dash - Final
7:30pm	Men	60m Dash - Final
7:45pm	Men	60m Hurdles - Final
7:55pm	Women	60m Hurdles - Final
8:05pm	Women	500m Run
8:10pm	Men	500m Run
8:25pm	Women	300m Run
8:35pm	Men	300m Run

Saturday, January 16, 2021

Start		Field Events
11:00am	Women	High Jump
11:00am	Women	Pole Vault - SEEDED
12:00pm	Men	Shot Put
12:00pm	Women	Long Jump
1:30pm	Men	High Jump
1:30pm	Men	Pole Vault - SEEDED
2:00pm	Women	Shot Put
2:00pm	Men	Long Jump

Start		Running Events
1:00pm	Women	400m Run
1:10pm	Men	400m Run
1:20pm	Women	Distance Medley Relay
1:40pm	Men	Distance Medley Relay
1:55pm	Women	800m Run
2:05pm	Men	800m Run
2:15pm	Women	200m Run
2:25pm	Men	200m Run
2:40pm	Women	5000m Run
3:00pm	Men	5000m Run
3:20pm	Women	4 x 400m Relay
3:30pm	Men	4 x 400m Relay

SPRAYING SCHEDULE

FRIDAY:

BEFORE AND AFTER EACH GENDER OF 60M HURDLE EVENT- BLOCKS AND HURDLES
BEFORE AND AFTER EACH GENDER OF 60M DASH EVENT-BLOCKS
AFTER EACH GENDER OF THE 300M EVENT
POLE VAULT PIT AND ATHLETES CHAIRS AFTER WOMENS EVENT
ATHLETES CHAIRS AFTER THE WOMENS TRIPLE JUMP EVENT
ATHLETES CHAIRS AFTER THE MENS WEIGHT THROW EVENT

SATURDAY:

HIGH JUMP PIT AND ATHLETES CHAIRS AFTER WOMENS EVENT
POLE VAULT PIT AND ATHLETES CHAIRS AFTER WOMENS EVENT
ATHLETES CHAIRS AFTER MENS SHOT PUT EVENT
ATHLETES CHAIRS AFTER WOMENS LONG JUMP EVENT
AFTER EACH GENDER OF THE 400M AND 200M-SPRAY BLOCKS