



Wednesday March 30, 2016

Official Start Time

10:30 a.m. Heptathlon - University/College Women

- 100 Meter Hurdles
- High Jump
- Shot Put
- 200 Meter Dash

11:00 a.m. Decathlon - University/College Men

- 100 Meters
- Long Jump
- Shot Put
- High Jump
- 400 Meters

Thursday March 31, 2016

10:00 a.m. Decathlon - University/College Men

- 110 Meter Hurdles
- Discus
- Pole Vault
- Javelin
- 1,500 Meters

11:00 a.m. Heptathlon - University/College Women

- Long Jump
- Javelin
- 800 Meters

Running Events (Afternoon Session)

- 4:30 p.m. 400 Meter Hurdles - University/College Women (Prelims)
- 5:00 p.m. 400 Meter Hurdles - Univ/College Men (Prelims)

Field Events (Prelims and Finals)

- 11:00 a.m. Hammer - University/College Women - Outside Throwing Area
- 2:00 p.m. Hammer - University/College Men - Outside Throwing Area
- 2:30 p.m. Pole Vault - University/College Men (Section B)
- Pole Vault - University/College Men (Section C)
- 2:15 p.m. Javelin - University/College Men (Section B)
- 5:15 p.m. Javelin - University/College Women (Section B)

Running Events (Evening Session)

7:00 p.m.	800 Meters - Invitational Men
7:05 p.m.	800 Meters - Invitational Women
7:10 p.m.	1500 Meters - Univ/College Women (Section B)
7:20 p.m.	1500 Meters - University/College Men (Section B)
7:30 p.m.	1500 Meters - University/College Men (Section A)
7:40 p.m.	3,000 Meter Steeplechase - University/College Women
8:00 p.m.	3,000 Meter Steeplechase - University/College Men
8:20 p.m.	2,000 Meter Steeplechase - High School Girls
8:45 p.m.	2,000 Meter Steeplechase - High School Boys
9:00 p.m.	5,000 Meters - University/College Women
9:30 p.m.	5,000 Meters - University/College Men

Friday April 1, 2016 (Morning Session)

Running Events (Prelims)

9:35 a.m.	4 x 100 Meter Relay - University/College Women
	Clyde Littlefield 4 x 100 Meter Relay - University Men
	* 100 Meter Hurdles - University/College Women (West)
	* 110 Meter Hurdles - University/College Men (East)
	* 100 Meters - University/College Women (West)
	* 100 Meters - University/College Men (East)
	* 4 x 400 Meter Relay - University/College Women
	* 4 x 400 Meter Relay - University/College Men

* Special Note: In the University/College Men's and Women's 100/110 Hurdles and 100 Meter Dash, we will run the Men and Women SIMULTANEOUSLY. The Women will use the West Straight, and Men will use the East Straight. We will alternate races back and forth between straights, so please have your athletes ready to compete. All finals will be held on the East Straight. We will prepare a time schedule for preliminary events after scratches have been received. You are responsible for knowing the time schedule. It is a guideline only. We do this to help keep the schedule on time.

Field Events (Prelims and Finals)

9:00 a.m.	Discus - University/College Men (Section B)
10:00 a.m.	Long Jump - University/College Men (Section B)
	Long Jump - University/College Women (Section B)
	High Jump - University/College Women (Section B)
	Pole Vault - University/College Women (Section B)
	Shot Put - University/College Women (Section B)
	Shot Put - University/College Men (Section B)
11:30 a.m.	Javelin - University/College Women (Section A)

Friday April 1, 2016 (Afternoon Session)

Field Events (Prelims and Finals)

12:30 p.m.	Triple Jump - University/College Men (Section B)
	Triple Jump - University/College Women (Section B)
1:00 p.m.	High Jump - University/College Men (Section B)
1:30 p.m.	Pole Vault - High School Boys (Section B)
	Discus - High School Girls - Outside Throwing Area
3:00 p.m.	Triple Jump - University/College Men (Section A)
	Triple Jump - University/College Women (Section A)
	High Jump - High School Boys
4:00 p.m.	Discus - University/College Men (Section A)
	Pole Vault - High School Girls (Section A)
4:15 p.m.	Discus - High School Boys - Outside Throwing Area

Running Events (Prelims)

- 1:30 p.m. * 100 Meter Hurdles - Division I & II High School Girls (West)
- * 110 Meter Hurdles - Division I & II High School Boys (East)
- * 100 Meters - Division I & II High School Girls (West)
- * 100 Meters - Division I & II High School Boys (East)
- * 4 x 200 Meter Relay - Division I High School Girls
- * 4 x 200 Meter Relay - Division I High School Boys
- * 4 x 200 Meter Relay - Division II High School Girls
- * 4 x 200 Meter Relay - Division II High School Boys

* Special Note: In the High School Boys and Girls 100/110 Hurdles and 100 Meter Dash, we will run Boys and Girls **SIMULTANEOUSLY**. The Girls will use the West Straight, and the Boys will use the East Straight. Division I will precede Division II. We will alternate races back and forth between straights, so please have your athletes ready to compete. All finals will be held on the East Straight. We will prepare a time schedule for preliminary events after scratches have been received. You are responsible for knowing the time schedule. It is a guideline only. We do this to help keep the schedule on time.

Friday April 1, 2016 (Evening Session)

Field Events (Prelims and Finals)

- 6:00 p.m. High Jump - High School Girls
Javelin - University/College Men (Section A)
- 7:00 p.m. Pole Vault - High School Boys (Section A)
- 7:30 p.m. Long Jump - High School Girls
Long Jump - High School Boys
Javelin - High School Boys
- 8:30 p.m. Javelin - High School Girls

Running Events (Prelims and Selected Finals)

- 4:15 p.m. 4 x 400 Meter Relay - Division I High School Girls (NO BLOCKS)
4 x 400 Meter Relay - Division I High School Boys (NO BLOCKS)
- 5:20 p.m. Sprint Medley Relay - High School Girls
Sprint Medley Relay - High School Boys
Invitational Sprint Medley Relay - University/College Women
Invitational Sprint Medley Relay - University/College Men
- 6:20 p.m. 1600 Meters - High School Girls
1600 Meters - High School Boys
- 6:45 p.m. 300 Meter Hurdle Invitational - High School Girls
300 Meter Hurdle Invitational - High School Boys
- 6:55 p.m. 400 Meter Hurdles - Invitational Women
- 7:00 p.m. 400 Meter Hurdles - University/College Women
- 7:05 p.m. 400 Meter Hurdles - University/College Men
- 7:10 p.m. 400 Meter Hurdles - Invitational Men
- 7:15 p.m. Distance Medley Relay - University/College Women
- 7:30 p.m. Distance Medley Relay - University/College Men
- 7:45 p.m. 4 x 400 Meter Relay - Division II High School Girls (NO BLOCKS)
4 x 400 Meter Relay - Division II High School Boys (NO BLOCKS)
- 9:25 p.m. Distance Medley Relay - High School Girls (2 Section Final)
- 9:55 p.m. Distance Medley Relay - High School Boys (2 Section Final)

Saturday April 2, 2016 (Morning Session)

Field Events (Prelims and Finals)

- 9:30 a.m. Pole Vault - High School Girls (Section B)
- 10:00 a.m. Discus - University/College Women (Section B)
- 11:00 a.m. Shot Put - High School Girls
- High Jump - University/College Women (Section A)
- Triple Jump - High School Girls
- Triple Jump - High School Boys

Running Events (Prelims and Selected Finals)

- 8:15 a.m. 3200 Meters - High School Girls
- 8:35 a.m. 3200 Meters High School Boys
- 9:00 a.m. 4 x 100 Meter Relay - Division I High School Girls
- 4 x 100 Meter Relay - Division II High School Girls
- 4 x 100 Meter Relay - Division I High School Boys
- 4 x 100 Meter Relay - Division II High School Boys
- 10:00 a.m. 4 x 800 Meter Relay - High School Girls (Section 2) (Final)
- 4 x 800 Meter Relay - High School Boys (Section 2) (Final)
- 10:40 a.m. 4 x 800 Meter Relay - University/College Women
- 4 x 800 Meter Relay - University/College Men

Saturday April 2, 2016 (Afternoon Session)

Field Events (Prelims and Finals)

- 12:00 p.m. Pole Vault - University/College Women (Section A)
- Shot Put - High School Boys
- 1:30 p.m. Discus - University/College Women (Section A)
- 1:45 p.m. Pole Vault - Elite Men
- 2:45 p.m. High Jump - University/College Men (Section A)
- 3:00 p.m. Pole Vault - University/College Men (Section A)
- Long Jump - University/College Women (Section A)
- Long Jump - University/College Men (Section A)
- 4:00 p.m. Shot Put - University/College Men (Section A)
- Shot Put - University/College Women (Section A)
- 4:45 p.m. Pole Vault - Women's Elite

Running Events (Finals)

- 12:00 p.m. Invitational 4 x 200 Meter Relay - University/College Men
- Invitational 4 x 200 Meter Relay - University/College Women
- 4 x 200 Meter Relay - Division I High School Girls
- 4 x 200 Meter Relay - Division II High School Girls
- 4 x 200 Meter Relay - Division I High School Boys
- 4 x 200 Meter Relay - Division II High School Boys
- 12:40 p.m. 4 x 800 Meter Relay - High School Girls (Final)
- 4 x 800 Meter Relay - High School Boys (Final)
- 1:05 p.m. Awards Presentation and Opening Ceremonies
- 1:30 p.m. Clyde Littlefield 4 x 100 Meter Relay - University Men
- Carlette Guidry 4 x 100 Meter Relay - University/College Women
- 4 x 100 Meter Relay - Division I High School Girls
- 4 x 100 Meter Relay - Division II High School Girls
- 4 x 100 Meter Relay - Division I High School Boys
- 4 x 100 Meter Relay - Division II High School Boys
- 4 x 100 Meter Relay - Invitational Women
- 4 x 100 Meter Relay - Invitational Men
- 2:10 p.m. 100 Meter Hurdles - Division I High School Girls
- 100 Meter Hurdles - Division II High School Girls

100 Meter Hurdles - University/College Women
100 Meter Hurdles - Invitational Women
110 Meter Hurdles - Division I High School Boys
110 Meter Hurdles - Division II High School Boys
110 Meter Hurdles - University/College Men
110 Meter Hurdles - Invitational Men
2:55 p.m. 100 Meters - Division I High School Girls
100 Meters - Division II High School Girls
100 Meters - Division I High School Boys
100 Meters - Division II High School Boys
100 Meters - University/College Women
100 Meters - Invitational Women
100 Meters - University/College Men
100 Meters - Invitational Men
3:35 p.m. 1,500 Meters - University/College Women (Section A)
Jerry Thompson Mile - Invitational Men
3:55 p.m. 200 Meters - Invitational Women
200 Meters - Invitational Men
4:05 p.m. 4 x 400 Meter Relay - Invitational Women
4 x 400 Meter Relay - Invitational Men
4 x 400 Meter Relay - Division I High School Girls
4 x 400 Meter Relay - Division II High School Girls
4 x 400 Meter Relay - Division I High School Boys
4 x 400 Meter Relay - Division II High School Boys
4 x 400 Meter Relay - University/College Men
4 x 400 Meter Relay - University/College Women
Sanya Richards-Ross University Women 4 x 400 Meter Relay (Invitational)
Cleburne Price, Jr. 4 x 400 Meter Relay - University Men (Invitational)