

## FINAL SCHEDULE:

The first event for all multi-events will start each day as indicated. The following events will start at the discretion of the officials.

<b>MENS DECATHLON:</b>	<b>SATURDAY, AUG 27</b>	<b>SUNDAY, AUGUST 28</b>
	100M – 9:00	Hurdles – 9:30
	Long Jump – 10:00	Discus – 10:45
	Shot put – 11:30	Pole vault – 12:00
	High jump – 1:00	Javelin – 2:15
	400M – 3:00	1500M – 4:00

<b>WOMENS HEPTATHLON:</b>	<b>SATURDAY, AUG 27</b>	<b>SUNDAY, AUG 28</b>
	Hurdles – 9:45	Long jump – 10:45
	High jump – 11:15	Javelin – 12:15
	Shot put – 1:30	800M – 1:45
	200M – 3:15	

<b>THROWS PENTATHLON:</b>	<b>SATURDAY, AUG 27</b>	<b>SATURDAY, AUG 27</b>
	<b>MEN</b>	<b>WOMEN</b>
	Hammer – 9:00	Hammer – 10:45
	Shot put – 10:30	Shot put – 12:15
	Discus – 12:15	Discus – 1:45
	Javelin – 2:00	Javelin – 3:15
	Weight – 3:30	Weight – 4:30

**INDIVIDUAL POLE VAULT: SUNDAY, AUGUST 28** *(Approximately 1:00 pm)*  
*The individual pole vault will start immediately after the conclusion of the decathlon pole vault*

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**OTHER INDIVIDUAL/RELAY EVENTS: SUNDAY, AUGUST 28**  
**(SUB-MASTERS, age 30-34 welcome to register)**

2:00	Mile Race Walk (Women and Men together)
2:15	100M Women first, followed by Men
3:00	1500M Women and Men together
3:20	400M Women first, followed by men (heats not confirmed)
3:40	4x100M Women & Men combined (M45 team confirmed)
4:00	<b>NOTE:</b> Mens Decathlon 1500m run at this time
4:15	4 x800M 2 Teams (W60 & M75 combined)

**NOTE: These individual track events and relays have been moved up about an hour earlier than the tentative times.**