

	Long Jump	Triple Jump	Discus Throw	Shot Put	High Jump	Pole Vault
<b>5:30</b>	Warmup on runway - <b>Men</b>	Warmup at event area – <b>Women &amp; Men</b>	Warmup at Event area – <b>Men &amp; Women</b>		Warmup at Event Area - <b>Men</b>	Competition Starts – <b>Women &amp; Men</b>
<b>6:00</b>	<b>Men</b>	<b>Women &amp; Men</b>	<b>Men &amp; Women Combined</b>		<b>Men</b>	
<b>6:30</b>						
<b>7:00</b>	Warmup on Runway - <b>Women</b>			Warmup at Event Area – <b>Men &amp; Women</b>	Warmup at Event Area - <b>Women</b>	
<b>7:30</b>	<b>Women</b>			<b>Men &amp; Women Combined</b>	<b>Women</b>	
<b>8:00</b>						