



Running Events

We will use a rolling schedule. Women will run first except where indicated.

10:00 am	10,000m (combined)
Noon	3,000m Steeplechase (men)
	5,000m (women)
	400m relay
	1,500m
	100/110m High Hurdles
	400m
	100m
	800m
	400m Hurdles
	200m
	3,000m Steeplechase (women)
	5,000m (men)
	1600m relay

CHECK-IN PROCEDURE: Runners should check-in at the clerk-of-the-course as early as possible. Runners must check-in at least two events in advance. For example: 800m runners that do not check before the start of the 400m will be scratched. We will combine heats whenever possible to fill the lanes.

Field Events

10:00 am	Hammer (women first, men follow)
	Discus (men first, women follow)
10:30	Women's Pole Vault
11:00	Long Jump (men first, women follow)
	Triple Jump (women first, men follow)
12:15 pm	High Jump (women first, men follow)
1:00	Shot (women first, men follow)
	Javelin (men first, women follow)
	Men's Pole Vault

Dick Small Book Signing

Stop by and say hello to Dick Small at the tent on the infield from 11:00 – 11:30 am. He will be signing his new book, *I've Served My Time in Hell*, a 186-page memoir of professor emeritus Dick Small's service in the Pacific with the 1st Marine Division during World War II. In case of rain the book signing will take place in the south end of the press box.

National Anthem

Please pause warm-ups and competition to honor America by singing the National Anthem at 11:30 am.