Day	Morning Session	Morning Session	Break	Afternoon Session	Afternoon Session
	Field Events	Track Events		Field Events	Track Events
Monday August 11	9:00am Hammer Throw (M and W) 12:00pm Long Jump Decathlon	11:00am start 100 M Decathlon 11:15am Start 100 M Trials/Semi Finals*		1:00pm Start High Jump (W) Shot Put Decathlon 2:00pm Long Jump (W) 4:00PM Shot Put (W) High Jump Decathlon	1:00pm Start 100/110m Hurdle Trials/Semi Finals* 4X100M Relays Finals ~5:00PM 400 M Decathlon
Tuesday August 12	9:00am Pole Vault (W) 11:15am Discus Decathlon	9:00am Start 5000 M walk 10:30am Start 110M hurdles Decathlon		12:30pm Start Discus (W) 2:00pm Start Pole Vault Decathlon Javelin (W) Javelin Decathlon	2:00pm Start 100/110m Hurdle Finals 400m Trials/Semi Finals* 100 M Finals 800 M Trials* 1500 M Decathlon
Wednesday August 13	9:00am Start High Jump (M) High Jump Heptathlon 11:00am Discus (M)	9:00am Start 5000M Run 12:00pm Start 100 M Heptathlon		2:00pm Start Shot Put Heptathlon Shot Put (M)	1:00pm Start 100 M Hurdles Heptathlon 400 M Hurdle Trials/Semi Finals* 400 M Finals 4X200 M Relays Finals
Thursday August 14	9:00am Start Long Jump Heptathlon Long Jump (M) Pole Vault (M)	9:00am Start 3000 M Steeplechase 200 M Trials/Semi Finals*		1:00pm Start J avelin Heptathlon Javelin (M)	1:00pm Start 800 M Finals 800 M Heptathlon 400 M Hurdle Finals

Friday	9:00am Start	9:00am Start	
August 15	Triple Jump (M and W)	200 M Finals (also	
		Wheelchair)	
		1500 M Finals	
		4X400 M Relay Finals	

*Trials/Semi Finals will only be run in age divisions with sufficient entries to warrant trials. Any age division that does not require trials will automatically run in the finals.