



MC Tune Up – FRIDAY FEBRUARY 15th, 2013

Field Event Schedule:

1:00 PM	FIELDHOUSE OPENS	
		*time in () are approximate start times
3:00 PM (4:30pm) (5:30pm)	WEIGHT THROW (WOMEN THEN MEN) 4 Throws FOLLOWED BY SHOT PUT (WOMEN AND MEN AT THE SAME TIME) 4 Throws FOLLOWED BY HIGH JUMP (WOMEN AND MEN AT THE SAME TIME)	
3:00 PM (4:30pm)	LONG JUMP (MEN THEN WOMEN) 4 Jumps FOLLOWED BY TRIPLE JUMP (MEN THEN WOMEN) 4 Jumps	
3:00PM	POLE VAULT (WOMEN THEN MEN)	

Running Event Schedule:

3:00 PM	NATIONAL ANTHEM	
		*rolling time schedule
3:05 PM	5000m RUN	(WOMEN THEN MEN) *will combine if possible
	55m HIGH HURDLE PRELIMS	(WOMEN THEN MEN) top 7 to finals
	55m DASH PRELIMS	(WOMEN THEN MEN) top 8 to finals
	4X200M RELAY	(WOMEN THEN MEN)
	MILE RUN	(WOMEN THEN MEN)
	55m HIGH HURDLE FINALS	(MEN THEN WOMEN)
	55m DASH FINALS	(WOMEN THEN MEN)
	500m DASH	(WOMEN THEN MEN)
	400m DASH	(WOMEN THEN MEN)
	1000m RUN	(WOMEN THEN MEN)
	800m RUN	(WOMEN THEN MEN)
	300m DASH	(WOMEN THEN MEN)
	200m DASH	(WOMEN THEN MEN)
	3000m RUN	(WOMEN THEN MEN)
	4X800M RELAY	(WOMEN THEN MEN) *will combine if possible
	4X400M RELAY	(WOMEN THEN MEN)

*Times in () are estimated start times.