

**Final Schedule: Friday, January 28th, 2022**

**MULTI-DAY 1 : The times below are ESTIMATES on start times for each event of the Multi.**

|              |       |             |
|--------------|-------|-------------|
| 9:00AM       | MEN   | 60 DASH     |
| ~9:35AM      | MEN   | LONG JUMP   |
| ~10:30AM     | MEN   | SHOT PUT    |
| ~11:30AM     | MEN   | HIGH JUMP   |
| 9:30 AM      | WOMEN | 60M HURDLES |
| ~10:25:00 AM | WOMEN | HIGH JUMP   |
| ~12:00:00 PM | WOMEN | SHOT PUT    |
| ~1:00:00 PM  | WOMEN | LONG JUMP   |
| ~2:30:00 PM  | WOMEN | 800M RUN    |

**FRIDAY FIELD EVENTS**

|         |       |              |                 |
|---------|-------|--------------|-----------------|
| 2:00 PM | WOMEN | POLE VAULT   | FINAL           |
| 2:00 PM | MEN   | WEIGHT THROW | TRIALS & FINALS |
| 3:00 PM | WOMEN | LONG JUMP    | TRIALS & FINALS |
| 5:00 PM | MEN   | LONG JUMP    | TRIALS & FINALS |
| 4:00 PM | WOMEN | WEIGHT THROW | TRIALS & FINALS |

\*\*\*WEIGHT THROW- NOTHING WILL BE MEASURED UNDER 16M FOR THE WOMEN & 16M FOR THE MEN

**FRIDAY TRACK EVENTS**

|          |       |                  |             |
|----------|-------|------------------|-------------|
| 12:25PM  |       | NATIONAL ANTHEM  |             |
| 12:30PM  | WOMEN | 5000M RUN        | FINAL       |
| 12:50 PM | MEN   | 5000M RUN        | FINAL       |
| 1:10PM   | WOMEN | 60m DASH         | PRELIM      |
| 1:35PM   | MEN   | 60m DASH         | PRELIM      |
| 2:00PM   | WOMEN | MILE RUN         | SEC vs TIME |
| 2:20PM   | MEN   | MILE RUN         | SEC vs TIME |
| ~2:30PM  | WOMEN | 800M PENTATHALON | FINAL       |
| 2:40PM   | WOMEN | 60m HURDLES      | PRELIM      |
| 3:00PM   | MEN   | 60m HURDLES      | PRELIM      |
| 3:20 PM  | GIRLS | MILE RUN         | FINAL       |
| 3:30 PM  | BOYS  | MILE RUN         | FINAL       |
| 3:40PM   | WOMEN | 60m DASH         | SEMI        |
| 3:55PM   | MEN   | 60m DASH         | SEMI        |
| 4:05PM   | WOMEN | 400m RUN         | SEC vs TIME |
| 4:40PM   | MEN   | 400m RUN         | SEC vs TIME |
| 5:10 PM  | GIRLS | 400M RUN         | SEC vs TIME |
| 5:20 PM  | BOYS  | 400M RUN         | SEC vs TIME |
| 5:30PM   | WOMEN | 60m HURDLES      | FINAL       |
| 5:35PM   | MEN   | 60m HURDLES      | FINAL       |
| 5:45PM   | WOMEN | DMR              | FINAL       |
| 6:00PM   | MEN   | DMR              | FINAL       |
| 6:15PM   | WOMEN | 60m DASH         | FINAL       |
| 6:20PM   | MEN   | 60m DASH         | FINAL       |

**Final Schedule: Saturday, January 29th, 2022**

**MULTI-DAY 2 : The times below are ESTIMATES on start times for each event of the Multi.**

|          |     |             |       |
|----------|-----|-------------|-------|
| 9:00AM   | MEN | 60M HURDLES | FINAL |
| ~9:40AM  | MEN | POLE VAULT  | FINAL |
| ~11:00AM | MEN | 1000M RUN   | FINAL |

**SATURDAY FIELD EVENTS**

|          |       |             |                 |
|----------|-------|-------------|-----------------|
| 10:00AM  | MEN   | SHOT PUT    | TRIALS & FINALS |
| 10:00AM  | WOMEN | HIGH JUMP   | TRIALS & FINALS |
| 10:30AM  | MEN   | TRIPLE JUMP | FINAL           |
| 11:00PM  | MEN   | POLE VAULT  | FINAL           |
| 12:00 PM | WOMEN | SHOT PUT    | TRIALS & FINALS |
| 1:00PM   | WOMEN | TRIPLE JUMP | FINAL           |
| 1:00PM   | MEN   | HIGH JUMP   | TRIALS & FINALS |

**\*\*\*SHOT PUT- NOTHING WILL BE MEASURED UNDER 14M FOR THE WOMEN & 16M FOR THE MEN**

**SATURDAY TRACK EVENTS**

|          |       |              |             |
|----------|-------|--------------|-------------|
| ~11:00AM | MEN   | 1000M RUN    | FINAL       |
| 11:10AM  | WOMEN | 800M RUN     | SEC vs TIME |
| 11:35AM  | MEN   | 800M RUN     | SEC vs TIME |
| 12:00PM  | GIRLS | 800M RUN     | FINAL       |
| 12:05PM  | BOYS  | 800M RUN     | FINAL       |
| 12:15 PM | WOMEN | 200M DASH    | SEC vs TIME |
| 1:00PM   | MEN   | 200M DASH    | SEC vs TIME |
| 1:40 PM  | GIRLS | 200M DASH    | SEC vs TIME |
| 1:45 PM  | BOYS  | 200M DASH    | SEC vs TIME |
| 1:55 PM  | WOMEN | 3000M RUN    | SEC vs TIME |
| 2:35PM   | MEN   | 3000M RUN    | SEC vs TIME |
| 3:15PM   | WOMEN | 4X400M RELAY | SEC vs TIME |
| 3:45 PM  | MEN   | 4X400M RELAY | SEC vs TIME |





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