



Order of Events (as of June 7)

Subject to change

- 9am Empire State Challenge 4-Mile Team Road Race
945am 5000m Race Walk Final Men and Women Combined
930-1100am Weigh-in Shot, Discus, Hammer, Javelin
1130am Hammer – Women followed by Hammer - Men
Shot Put – Men followed by Shot Put – Women
Discus – Women followed by Discus – Men
Javelin – Men followed by Javelin – Women
12noon High Jump – Women followed by Men
Pole Vault – Men and Women
Long Jump – Men and Women followed by Triple Jump
12noon 110H Trials - Men
1215 100H Trials – Women
1230 400m Trials – Men
1245 400m Trials – Women
100 100m Trials – Men
115 100m Trials – Women
130 400m Hurdles Trials - Men
145 400m Hurdles Trials - Women
200 200m Trials – Men
215 --dead time—Officials break
230 **Opening Ceremony**
245 2000m steeplechase – Men
2000m steeplechase - Women
300pm 4x100m Relay Final Men-Women
315pm Mile Run Final – Men
1500m Final - Women
330 110m Hurdles H Final Men followed by 100m Hurdles Final – Women
345 400m Final Men – Women
400 100m Final Men - Women
415 800m Final Men – Women
430 400m Hurdles Final Men – Women
445 200m Final Men – Women
500 3000m Final Men – Women
520 4x400m Relay Final Men – Women
540 Awards Team Trophies/Plaques