



SILVERSTON INVITATIONAL SCHEDULE OF EVENTS

FINAL TIME SCHEDULE

FIELD EVENTS

4:00 PM	W	Weight Throw
4:00 PM	W	Long Jump
4:00 PM	M	Long Jump
4:00 PM	M	High Jump
4:30 PM	W	Pole Vault
5:15 PM	M	Weight Throw
5:30 PM	M	Triple Jump
6:00 PM	W	High Jump
6:15 PM	W	Shot Put
6:30 PM	M	Pole Vault
6:30 PM	W	Triple Jump
7:30 PM	M	Shot Put

RUNNING EVENTS

4:00 PM	M	60m Hurdles (Prelims)
4:10 PM	W	60m Hurdles (Prelims)
4:20 PM	M	60m Dash (Prelims)
4:30 PM	W	60m Dash (Prelims)
4:40 PM	M	60m Hurdles (Final)
4:45 PM	W	60m Hurdles (Final)
4:50 PM	M	60m Dash (Final)
4:55 PM	W	60m Dash (Final)
5:10 PM	M	Mile Run
5:25 PM	W	Mile Run
5:40 PM	M	400m Dash
6:00 PM	W	400m Dash
6:15 PM	M	600m Dash
6:20 PM	M	800m Run
6:30 PM	W	800m Run
6:50 PM	M	200m Dash
7:10 PM	W	200m Dash
7:25 PM	M	3000m Run
7:55 PM	W	3000m Run
8:10 PM	M	4x400m
8:15 PM	W	4x400m