

<b>Friday, April 24</b>		<b>Field Events</b>	<b>Gender</b>	<b>Division</b>		
11:00 AM	Hammer		Women	University		
1:00 PM	Hammer		Men	University		
	Pole Vault "B" Section		Men	University		
	Pole Vault "B" Section		Women	University		
3:45 PM	Javelin		Men	University		
<b>Running Events</b>						
4:00 PM	400m Hurdles		Women	University		
4:10 PM	400m Hurdles		Men	University		
4:25 PM	200m		Women	University		
4:35 PM	200m		Men	University		
4:45 PM	800m (B sections)		Women	University		
5:00 PM	800m (B sections)		Men	University		
<b>New York Road Runners Distance Carnival</b>					Sunset: 6:54pm	
			<b>Gender</b>	<b>Division</b>	<b>Standards</b>	
6:30 PM	Steeplechase		Women	University/Open		
6:45 PM	Steeplechase		Men	University/Open		
7:00 PM	<b>Steeplechase</b>	<b>Men</b>	<b>NYRR Invitational</b>	8:45	Top 15 athletes that meet the standard	
7:10 PM	5000 meters		Women	University/Open		
7:30 PM	Maxwell Family - 5000 meters		Men	University/Open		
7:50 PM	<b>5000 meters</b>	<b>Women</b>	<b>NYRR Invitational</b>	16:19	Top 40 athletes that meet the standard	
8:10 PM	<b>5000 meters</b>	<b>Men</b>	<b>NYRR Invitational</b>	13:50	Top 40 athletes that meet the standard	
8:30 PM	<b>10000 meters</b>	<b>Women</b>	<b>NYRR Invitational</b>	34:00	Top 40 athletes that meet the standard	
9:10 PM	<b>10000 meters</b>	<b>Men</b>	<b>NYRR Invitational</b>	29:00	Top 40 athletes that meet the standard	
<b>Saturday, April 25</b>						
<b>Field Events</b>			<b>Gender</b>	<b>Division</b>		
10:00 AM	Upshaw Family Long Jump		Men	University		
11:00 AM	Dave Maggard Shot Put		Men	University		
	Javelin		Women	University		
	High Jump		Men	University		
12:30 PM	Pole Vault "A" Section		Women	University		
	Brent Burns Pole Vault "A" Section		Men	University		
	Upshaw Family Long Jump		Women	University		
1:00 PM	Shot Put		Women	University		
	Discus		Men	University		
3:00 PM	Triple Jump		Men	University		
	High Jump		Women	University		
	Discus		Women	University		
4:15 PM	Triple Jump		Women	University		
<b>Running Events</b>						
1:00 PM	100m Hurdles		Women	University	Prelims - Top 8 to finals	
1:15 PM	110m Hurdles		Men	University	Prelims - Top 8 to finals	
1:30 PM	100m		Women	University	Prelims - Top 8 to finals	
1:45 PM	100m		Men	University	Prelims - Top 8 to finals	
1:55 PM	<b>National Anthem</b>					
2:00 PM	<b>Officials Recognition</b>					
2:05 PM	<b>Fastest Kid in Bay Area</b>					
2:45 PM	4x100m Relay		Women	University		
2:50 PM	Eddie Hart 4x100m Relay		Men	University		
2:55 PM	1500 meters		Women	University		
3:10 PM	1500 meters		Men	University		
3:25 PM	<b>100m Hurdles</b>	<b>Women</b>	<b>Invitational</b>		<b>One Race Final</b>	
3:35 PM	100m Hurdles		Women	University	Final	
3:45 PM	<b>Tom Moore 110m Hurdles</b>	<b>Men</b>	<b>Invitational</b>		<b>One Race Final</b>	
3:50 PM	110m Hurdles		Men	University	Final	
4:00 PM	<b>100 meters</b>	<b>Women</b>	<b>Invitational</b>		<b>One Race Final</b>	
4:05 PM	100 meters		Women	University	Final	
4:10 PM	<b>100 meters</b>	<b>Men</b>	<b>Invitational</b>		<b>One Race Final</b>	
4:15 PM	100 meters		Men	University	Final	
4:20 PM	400 meters		Women	University		
4:35 PM	400 meters		Men	University		
4:45 PM	<b>Louise Romo 800 meters</b>	<b>Women</b>	<b>Invitational</b>		<b>One Race Final</b>	
4:50 PM	<b>Lon Spurrier 800 meters</b>	<b>Men</b>	<b>Invitational</b>		<b>One Race Final</b>	
4:55 PM	<b>Marilyn Davis 1500 meters</b>	<b>Women</b>	<b>Invitational</b>		<b>One Race Final</b>	
5:00 PM	<b>Don Bowden Mile</b>	<b>Men</b>	<b>Invitational</b>		<b>One Race Final</b>	
5:05 PM	<b>200 meters</b>	<b>Women</b>	<b>Invitational</b>		<b>One Race Final</b>	
5:10 PM	<b>200 meters</b>	<b>Men</b>	<b>Invitational</b>		<b>One Race Final</b>	
5:15 PM	<b>California Senior Recognition Ceremony</b>					
5:35 PM	4x400m Relay		Women	University		
5:40 PM	4x400m Relay		Men	University		