

2019 SACRAMENTO MEET OF CHAMPIONS - ORDER OF EVENTS

OPEN SESSION (11:00 a.m. - 4:30 p.m.)

Event No.	Track Event	Time	Event No.	Field Event	Time
07	Girls' 400 Meter Relay - Heat 1	11:00 a.m.	01	Boys' Long Jump	11:00 a.m.
	Girls' 400 Meter Relay - Heat 2				
	Girls' 400 Meter Relay - Heat 3		02	Boys' Pole Vault	11:00 a.m.
08	Boys' 400 Meter Relay - Heat 1	11:15 a.m.			
	Boys' 400 Meter Relay - Heat 2		03	Girls' High Jump	11:00 a.m.
	Boys' 400 Meter Relay - Heat 3				
09	Boys' 3200 Meters	11:30 a.m.	04	Boys' Discus	11:00 a.m.
10	Girls' 3200 Meters				
11	Girls' 100 Meter Hurdles - Heat 1	12:04 p.m.	05	Girls' Shot Put	11:00 a.m.
	Girls' 100 Meter Hurdles - Heat 2				
	Girls' 100 Meter Hurdles - Heat 3		06	Girls' Triple Jump	11:00 a.m.
12	Boys' 110 Meter Hurdles - Heat 1	12:20 p.m.			
	Boys' 110 Meter Hurdles - Heat 2				
	Boys' 110 Meter Hurdles - Heat 3				
13	Girls' 400 Meters - Heat 1	12:35 p.m.			
	Girls' 400 Meters - Heat 2				
	Girls' 400 Meters - Heat 3				
14	Boys' 400 Meters - Heat 1	12:50 p.m.			
	Boys' 400 Meters - Heat 2				
	Boys' 400 Meters - Heat 3				
15	Girls' 100 Meters - Heat 1	1:05 p.m.	17	Girls' Long Jump	1:15 p.m.
	Girls' 100 Meters - Heat 2				
	Girls' 100 Meters - Heat 3		18	Girls' Pole Vault	1:15 p.m.
16	Boys' 100 Meters - Heat 1	1:20 p.m.			
	Boys' 100 Meters - Heat 2		19	Boys' High Jump	1:15 p.m.
	Boys' 100 Meters - Heat 3				
23	Girls' 800 Meters - Heat 1	1:35 p.m.	20	Girls' Discus	1:15 p.m.
	Girls' 800 Meters - Heat 2				
	Girls' 800 Meters - Heat 3		21	Boys' Shot Put	1:15 p.m.
24	Boys' 800 Meters - Heat 1	1:53 p.m.			
	Boys' 800 Meters - Heat 2		22	Boys' Triple Jump	1:15 p.m.
	Boys' 800 Meters - Heat 3				
25	Girls' 300 Meter Low Hurdles - Heat 1	2:15 p.m.			
	Girls' 300 Meter Low Hurdles - Heat 2				
	Girls' 300 Meter Low Hurdles - Heat 3				
26	Boys' 300 Meter Int. Hurdles - Heat 1	2:30 p.m.			
	Boys' 300 Meter Int. Hurdles - Heat 2				
	Boys' 300 Meter Int. Hurdles - Heat 3				
27	Girls' 200 Meters - Heat 1	2:50 p.m.			
	Girls' 200 Meters - Heat 2				
	Girls' 200 Meters - Heat 3				
28	Boys' 200 Meters - Heat 1	3:05 p.m.			
	Boys' 200 Meters - Heat 2				
	Boys' 200 Meters - Heat 3				
29	Girls' 1600 Meters	3:20 p.m.			
30	Boys' 1600 Meters	3:35 p.m.			
31	Girls' 1600 Meter Relay - Heat 1	3:45 p.m.			
	Girls' 1600 Meter Relay - Heat 2				
32	Boys' 1600 Meter Relay - Heat 1	4:00 p.m.			
	Boys' 1600 Meter Relay - Heat 2				

INVITATIONAL SESSION (4:00 p.m. - 8:30 p.m.)

Event No.	Track Event	Time	Event No.	Field Event	Time
40	Women's 400 Meter Relay	5:30 p.m.	33	Women's Pole Vault	4:00 p.m.
41	Men's 400 Meter Relay	5:38 p.m.			
42	Women's 1600 Meters	5:45 p.m.	34	Men's Long Jump	5:00 p.m.
43	Men's 1600 Meters	5:55 p.m.	35	Women's Triple Jump	5:00 p.m.
44	Women's 100 Meter Hurdles	6:05 p.m.	36	Women's High Jump	5:00 p.m.
45	Men's 110 Meter High Hurdles	6:15 p.m.	37	Women's Shot Put	5:00 p.m.
46	Women's 400 Meters	6:20 p.m.	38	Men's Discus	5:00 p.m.
47	Men's 400 Meters	6:25 p.m.			
53	Women's 100 Meters	6:30 p.m.	39	Men's Pole Vault	6:00 p.m.
54	Men's 100 Meters	6:35 p.m.			
55	Women's 800 Meters	6:40 p.m.	48	Women's Long Jump	6:30 p.m.
56	Men's 800 Meters	6:50 p.m.	49	Men's Triple Jump	6:30 p.m.
57	Women's 300 Meter Low Hurdles	7:00 p.m.	50	Men's High Jump	6:30 p.m.
58	Men's 300 Meter Intermediate Hurdles	7:10 p.m.	51	Men's Shot Put	6:30 p.m.
59	Women's 200 Meters	7:17 p.m.	52	Women's Discus	6:30 p.m.
60	Men's 200 Meters	7:23 p.m.			
61	Women's 3200 Meters	7:30 p.m.			
62	Men's 3200 Meters	7:48 p.m.			
63	Women's 1600 Meter Relay	8:05 p.m.			
64	Men's 1600 Meter Relay	8:15 p.m.			