

Time	Event	Event
10:30	Women's Open	400m Relay
10:35	Women's Seeded	400m Relay
10:40	Women's Inv.	400m Relay
10:45	Men's Open	400m Relay
10:50	Men's Seeded	400m Relay
10:55	Men's Inv.	400m Relays
11:00	Women's Seeded	1600m
11:10	Women's Inv.	1600m
11:20	Men's Seeded	1600m
11:30	Men's Inv	1600m
11:40	Women's Open	100HH
11:45	Women's Seeded	100HH
11:50	Women's Inv.	100HH
11:55	Men's Open	110HH
12:00	Men's Seeded	110HH
12:05	Men's Inv	110HH
12:10	Women's Open	400m
12:15	Women's Seeded	400m
12:20	Women's Inv.	400m
12:25	Men's Open	400m
12:30	Men's Seeded	400m
12:35	Men's Inv	400m
12:40	Women's Seeded	3200m
12:55	Men's Seeded	3200m
1:10	Women's Open	100m
1:15	Women's Seeded	100m
1:20	Women's Inv.	100m
1:25	Men's Open	100m
1:30	Men's Seeded	100m
1:35	Men's Inv	100m
1:40	Women's Seeded	800m
1:45	Women's Inv.	800m
1:50	Men's Seeded	800m
1:55	Men's Inv	800m
2:00	Women's Open	300LH
2:05	Women's Seeded	300LH
2:10	Women's Inv.	300LH
2:15	Men's Open	300IH
2:20	Men's Seeded	300IH
2:25	Men's Inv	300IH
2:30	Women's Open	200m
2:35	Women's Seeded	200m
2:40	Women's Inv.	200m
2:45	Men's Open	200m
2:50	Men's Seeded	200m
2:55	Men's Inv	200m
3:00	Women's Inv.	3200m
3:15	Men's Inv.	3200m
3:30	Women's Open	1600m Relay
3:35	Women's Seeded	1600m Relay
3:40	Women's Inv.	1600m Relay
3:45	Men's Open	1600m Relay
3:50	Men's Seeded	1600m Relay
3:55	Men's Inv	1600m Relay

Time	Event	Event
10:00	Women's Seeded	Pole Vault
	Men's Seeded	Pole Vault
	Women's Inv	Discus
	Men's Seeded	High Jump
	Women's Inv	High Jump
	Men's Inv	Shot Put
	Women's Seeded	Triple Jump
	Men's Seeded	Long Jump
11:00	Women's Inv	Shot Put
	Men's Inv	Discus
12:00	Women's Seeded	Shot Put
	Men's Seeded	Discus
	Men's Inv	Long Jump
	Women's Inv	Triple Jump
	Women's Seeded	High Jump
	Men's Inv	High Jump
1:00	Men's Inv	Triple Jump
	Women's Inv	Long Jump
	Women's Inv	Pole Vault
	Men's Inv	Pole Vault
2:00	Men's Seeded	Shot Put
	Women's Seeded	Discus
	Women's Seeded	Long Jump
	Men's Seeded	Triple Jump

**Times are Approximate**

**Field event times may vary depending on pit availability**

# West Coast Relays Time Schedule