2013 Empire 8 Championship
Hosted by Ithaca College
Saturday, January 26th, 2013 10:30 AM
Glazer Arena

8:00 AM	Doors Open	
9-10 AM	Weigh-Ins	
10:30 AM	Women's 20# Weight	Followed by
	Men's 35# Weight	Followed by
	Women's Shot Put	Followed by
	Men's Shot Put	
10:30 AM	Men's Pole Vault	Followed by
	Women's Pole Vault	
10:30 AM	Men's Long Jump	Followed by
	Women's Long Jump	Followed by
	Men's Triple Jump	Followed by
	Women's Triple Jump	
10:30 AM	Women's High Jump	Followed by
	Men's High Jump	

10:45 AM	Women's Distance Medley Relay	(Final)
11:00 AM	Men's Distance Medley Relay	(Final)
11:15 AM	Women's 60m Hurdles	(Trial)
11:25 AM	Men's 60m Hurdles	(Trial)
11:35 AM	Women's 60m Dash	(Trial)
11:45 AM	Men's 60m Dash	(Trial)
12:00 PM	Women's Mile Run	(Final)
12:15 PM	Men's Mile Run	(Final)
12:30 PM	Men's 60m Hurdles	(Final)
12:35 PM	Women's 60m Hurdles	(Final)
12:45 PM	Women's 400m Dash	(Final)
12:50 PM	Men's 400m Dash	(Final)
1:00 PM	Women's 60m Dash	(Final)
1:05 PM	Men's 60m Dash	(Final)
1:10 PM	Women's 800m Run	(Final)
1:20 PM	Men's 800m Run	(Final)
1:35 PM	Women's 200m Dash	(Final)
1:45 PM	Men's 200m Dash	(Final)
2:00 PM	Women's 5000m Run	(Final)
2:25 PM	Men's 5000m Run	(Final)
2:55 PM	Women's 4x400m Relay	(Final)
3:05 PM	Men's 4x400 Relay	(Final)