



**Order of Events – Empire State Classic  
Saturday, July 30, 2022**

1000am	Empire State Challenge 4-Mile Team Race
930-1100am	Weigh-in Shot, Discus, Hammer, Javelin
1130am	Hammer – Women followed by Hammer - Men Shot Put – Men followed by Shot Put – Women Discus – Women followed by Discus – Men Javelin – Men followed by Javelin – Women
12noon	High Jump – Women followed by Men Pole Vault – Men and Women Long Jump – Men and Women followed by Triple Jump
12noon	110H Trials - Men 100H Trials – Women 400m Trials – Men 400m Trials – Women 100m Trials – Men 100m Trials – Women 400H Trials - Men 400H Trials - Women 200m Trials – Men 200m Trials - Women <b>Opening Ceremony</b> 3000m Racewalk men and women 2000SC – Men 2000SC - Women 4x100m Relay Final Men-Women Mile Run Final – Men 1500m - Women 110H Final Men followed by 100H Final – Women 400m Final Men – Women 100m Final Men - Women 800m Final Men – Women 400H Final Men – Women 200m Final Men – Women 3000m Final Men – Women 4x400m Relay Final Men – Women Awards Team Trophies/Plaques

*Note well – Meet schedule will be “collapsed” if there is no need for event trials. **Final Time Schedule** will be announced after final declarations (July 24, 2022). A 30-minute rest accommodation will be made for athletes potentially “doubling” in events such as the 110H/100m or 400m/200m as necessary.*