

TIME SCHEDULE OPEN INVITATIONAL FRIDAY MARCH 28

FINALS TIMES ARE A GUIDELINE. Heats are seeded straight by times. Fastest eight followed by the next fastest eight.

Medals to the top three individuals/Relay teams per heat.

RACES WILL BE RUN CONSECUTIVELY

Time	Event	Gender	FIELD EVENTS (No Finals)	
Heats			(weigh in for pole vault 90 minute prior to start time)	
2:00 pm	100M Hurdles	Girls		
	110M Hurdles	Boys		
	100M Dash	Girls	1:00	Boys High Jump
	100M Dash	Boys		Girls Pole Vault
3:30 pm	1600M Heat I & II**	Girls		
	1600M Heat I & II**	Boys	2:00	(2 sessions for these 4 events)
4:30 pm	400M Relay Heat I	Girls		Boys Discus
	400M Relay Heat II			Girls Shot Put
	400M Relay Heat I	Boys		Boys Triple Jump
	400M Relay Heat II			Girls Triple Jump
4:40 pm	400M Dash	Girls		
	400M Dash	Boys		(#provided opposite gender completed)
	300M Low Hurdles	Girls	4:30#	Boys Pole Vault
6:00 pm	300M Interm Hurdles	Boys		Girls High Jump
	800M Run Heat I	Girls		
	800M Run Heat II		5:00#	(2 sessions for these 4 events)
6:50 pm	800M Run Heat III			Boys Shot
	800M Run Heat I	Boys		Girls Discus
	800M Run Heat II			Boys Long Jump
	800M Run Heat III			Girls Long Jump
	200M Dash	Girls		
	200M Dash	Boys		
8:15 pm	3200M Run** Heat I	Girls		Starting Heights:
	3200M Run** Heat I	Boys		High Jump: 5' 6" Boys
	1600M Relay Heat I	Girls		4' 6" Girls
	1600M Relay Heat II			Pole Vault 10' 6" Boys
	1600M Relay Heat I	Boys		7' 0" Girls
	1600M Relay Heat II			

**if entries dictate, an additional heat could be added.

TIME SCHEDULE SEEDED INVITATIONAL

SATURDAY

MARCH 29

8:30 Coaches Meeting, North Campus Cafeteria. This building is located east of the track.

PRELIMINARIES

Six Heats. Four fastest heat winners advance. Next four advanced based on time.

10:00 High Hurdles
100M Dash
400M Dash
300M Hurdles
200M Dash

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4:00 pm	4 x 800 Relays	Girls			
	4 x 800 Relay	Boys			FIELD EVENTS (Nine to All Finals)
5:15 pm	100M Hurdles	Girls			
	110M Hurdles	Boys			
	100M Dash	Girls	10:00- 1:00		Long Jump **** (Broken into 2 flights)
	100M Dash	Boys			Finals start immediately
5:45 pm	1600M Heat I & II	Girls			
	1600M Heat I & II	Boys			
6:15pm	400M Relay Heat I	Girls	10:30		Boys Discus Girls Shot Put Boys High Jump
	400M Relay Heat II				
	400M Relay Heat III				
	400M Relay Heat IV				
	400M Relay Heat I	Boys	1:30		Girls Pole Vault **weigh in at 11:30-
	400M Relay Heat II		12:30 pm		
	400M Relay Heat III				
	400M Relay Heat IV				
6:45 pm	400M Dash	Girls			
	400M Dash	Boys	3:00		Boys Shot Put Girls Discus Girls High Jump
	300M Int. Hurdles	Girls			
	300M Low Hurdles	Boys			
7:20 pm	800M Run Heat I	Girls			
	800M Run Heat II		3:00-5:30		Boys and Girls Triple Jump (Broken into 2 flights)
	800M Run Heat III				
	800M Run Heat I	Boys			
	800M Run Heat II		5:00		Boys Pole Vault **weigh in at 3:30-
	800M Run Heat III		4:00 pm		
7:50 pm	200M Dash	Girls			
	200M Dash	Boys			
	3200M Run Heat**	Girls			
	3200M Run Hear **	Boys			
8:30 pm	1600M Relay Heat I	Girls			Starting Heights:
	1600M Relay Heat II				High Jump: 5' 10" Boys
	1600M Relay Heat III				4'10" Girls
	1600M Relay Heat I	Boys			
	1600M Relay Heat II				Pole Vault 12' 0" Boys
	1600M Relay Heat III				8' 0" Girls