

# TIME SCHEDULE OPEN INVITATIONAL

## FRIDAY

### MARCH 22, 2019

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. Medals to the top five individuals for distance and field events.

RACES WILL BE RUN CONSECUTIVELY

<b>Time</b>	<b>Event #</b>	<b>Event</b>	<b>Gender</b>
9:00 am	19	3200 Heat I, II & III	Boys
	20	3200 Heat I & II	Girls
	3	110M Hurdles	Boys
	4	100M Hurdles	Girls
11:10	1	3200M Relay	Boys
	2	3200M Relay	Girls
	5	100M Dash	Boys
12:40	6	100M Dash	Girls
	7	1600M	Boys
	8	1600M	Girls
	9	400M Relay	Boys
	10	400M Relay	Girls
	11	400M Dash	Boys
2:55	12	400M Dash	Girls
	13	300M Int Hurdles	Boys
4:00	14	300M Low Hurdles	Girls
	15	800M Run	Boys
5:40	16	800M Run	Girls
	17	200M Dash	Boys
	18	200M Dash	Girls
	19	3200M Run Heat 4	Boys
6:15	20	3200M Run Heat 3	Girls
	21	1600M Relay	Boys
	22	1600M Relay	Girls

#### FIELD EVENTS (No Finals)

(weigh in for pole vault 75 minute prior to start time)

9:00am	32	Boys Discus ###
	28	Boys Long Jump (east pit)
	27	Girls Long Jump (west pit)
10:00	24	Boys High Jump
	25	Girls Pole Vault
	33	Girls Shot Put (2 rings)

(#provided opposite gender completed)

2:00#	26	Boys Pole Vault
	23	Girls High Jump
	34	Boys Shot (2 rings)
	31	Girls Discus ###
	30	Boys Triple Jump (east pit)
	29	Girls Triple Jump (west pit)

Starting Heights: \*\*Subject to Change

High Jump:	5' 4"	Boys	4' 4"	Girls
Pole Vault	9' 9"	Boys	7' 0"	Girls

**TIME SCHEDULE OPEN INVITATIONAL  
RELAY SESSION  
MARCH 22, 2019**

<b>Time</b>	<b>Event #</b>	<b>Event</b>	<b>Gender</b>	<b>Heats</b>	
7:30 PM	60	4x200	Boys	4	Limited to 32 Teams
	61	4x200	Girls	4	Limited to 32 Teams
8:00 PM	62	Distance Medley Relay	Boys	1	Limited to 30 Teams
	63	Distance Medley Relay	Girls	1	Limited to 30 Teams
9:00 PM	64	Sprint Medley (100-100-200-400)	Boys	3	Limited to 24 Teams
	65	Sprint Medley (100-100-200-400)	Girls	3	Limited to 24 Teams

# SCHEDULE SEEDED INVITATIONAL

## SATURDAY

### MARCH 23, 2019

**8:15 Coaches Meeting, North Campus Cafeteria. This building is located east of the track.**

Top Five Overall places will receive Awards. Four Heats of Lane Assignments.

Heats are assigned by Time, Fastest eight in heat four

Time	Event #	Event	Gender
9:15am	101	4x800 Relay	Boys
	102	4x800 Relay	Girls
10:10	103	110M Hurdles	Boys
	104	100M Hurdles	Girls
10:35am	105	100M Dash	Boys
	106	100M Dash	Girls
10:55am	108	1600M 2 Heats	Boys
	109	1600M 2 Heats	Girls
11:25am	110	400M Relay	Boys
	111	400M Relay	Girls
11:45am	112	400M Dash	Boys
	113	400M Dash	Girls
12:15pm	114	300M Hurdles	Boys
	115	300M Hurdles	Girls
12:45pm	116	800M Run 2 Heats	Boys
	117	800M Run 2 Heats	Girls
1:10pm	118	200M Dash	Boys
	119	200M Dash	Girls
1:30pm	120	3200M Run 1 Heat	Boys
	121	3200M Run 1 Heat	Girls
2:15pm	122	1600M Relay	Boys
	123	1600M Relay	Girls

FIELD EVENTS (four jumps/throws)

Discus is now located in practice field

Time	Event #	Event	Gender
8:30	130	Triple Jump	Girls
	131	Triple Jump	Boys
	133	Discus	Boys
9:00	136	Shot Put	Girls
	125	High Jump	Boys
	126	Pole Vault	Girls
10:45	134	Discus	Girls
11:15	127	Pole Vault	Boys
	137	Shot Put	Boys
	124	High Jump	Girls
	129	Long Jump	Boys
	128	Long Jump	Girls
	135	Javelin	Boys (On northern field)
	134	Javelin	Girls (On southern field)

Starting Heights: \*\*Subject to Change

High Jump:	5' 7"	Boys	4' 8"	Girls
Pole Vault	10' 9"	Boys	7' 6"	Girls

## UNIFIED EVENTS

2:30 PM Long Jump—East Side Pit  
Turbo Javelin

# TIME SCHEDULE ELITE INVITATIONAL

## SATURDAY

### MARCH 23, 2019

Three Heats of Sprints. Heats are seeded by time. Fastest eight in heat three. Top 24 to 32 entries

<b>Time</b>	<b>Event #</b>	<b>Event</b>	<b>Gender</b>
5:00	201	110M Hurdles	Boys
	202	100M Hurdles	Girls
5:30	203	100M Dash	Boys
	204	100M Dash	Girls
5:50	205&207	1600M/Sally Meyerhoff mile	Boys
	206&208	1600M/Sally Meyerhoff mile	Girls
6:20	209	400M Relay	Boys
	210	400M Relay	Girls
6:35	211	400M Dash	Boys
	212	400M Dash	Girls
7:05	213	300M Hurdles	Boys
	214	300M Hurdles	Girls
7:45	215	800M Run	Boys
	216	800M Run	Girls
8:05	217	200M Dash	Boys
	218	200M Dash	Girls
8:35	219	3200M Run 1 Heat	Boys
	220	3200M Run 1Heat	Girls
9:00	221	1600M Relay	Boys
	222	1600M Relay	Girls

FIELD EVENTS (Nine to All Finals)      Throws and Horizontal jumps 2 flights

3:00 PM	232	Discus	Boys
3:30 PM	229	Triple Jump	Boys
	230	Triple Jump	Girls
	233	Shot Put	Girls
	223	High Jump	Girls
	226	Pole Vault	Boys
5:00	231	Discus	Girls
6:15 PM	225	Pole Vault	Girls
	224	High Jump	Boys
	234	Shot Put	Boys
	228	Long Jump	Boys
	227	Long Jump	Girls

Starting Heights: \*\*Subject to Change

High Jump:	5' 9"	Boys
	4' 9"	Girls
(first increase 3" to 6' & 5' then 2")		
Pole Vault	12' 0"	Boys
	9' 6"	Girls