



**Southern Nazarene University**  
**Crimson Storm Invitational**  
**January 20, 2024**

**\* Do NOT enter the OU Track building until 8:00 AM\***

Field Events:

10:00	Weight Throw	(Men then Women)
	Shot	(Men then Women) after Women's Weight Throw
10:00	Pole Vault	(Women then Men)
10:00	Long Jump	(Women then Men)
	Triple Jump	(Women then Men) after Men's Long Jump
11:30	High Jump	(Women then Men)

Running Events:      Rolling time schedule in heats against time.

11:00	5,000 Meters	Women	
	5,000 Meters	Men	
12:00	600 Yard	Women	
	600 Yard	Men	
	60 Hurdles Trials	Women	
	60 Hurdles Trials	Men	
	60 Dash Trials	Women	
	60 Dash Trials	Men	
	1 Mile Run	Women	
	1 Mile Run	Men	
	60 Hurdles Final	Women	2 Heats
	60 Hurdles Final	Men	2 Heats
	60 Dash Final	Women	2 Heats
	60 Dash Final	Men	2 Heats
	400 Meters	Women	
	400 Meters	Men	
	800 Meters	Women	
	800 Meters	Men	
	200 Meters	Women	
	200 Meters	Men	
	3,000 Meters	Women	
	3,000 Meters	Men	
	One Mile Relay	Women	
	One Mile Relay	Men	