

University of Central Oklahoma Invitational

Norman, Oklahoma

January 20, 2018

* Do NOT enter the OU Track building until 9:30 AM

Field Events:

11:00	Weight Throw (Men then Women) Shot (Men then Women) follows Women's Weight Throw
11:00	Pole Vault (Women then Men)
11:00	Long Jump (Women and Men) Triple Jump (Women then Men) follows Men's Long Jump
12:30	High Jump (Women then Men)

Running Events:

Rolling time schedule in heats against time. Know the sequence of events.

11:30	3000 (Slow Heat if needed) Women 3000 (Slow Heat if needed) Men
12:00	600 Yds Women 600 Yds 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 = 2 heats Women 60 Hurdles Final = 2 heats Men 60 Dash Final = 2 heats Women 60 Dash Final = 2 heats Men 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