

2021 Bison Open Heptathlon/Pentathlon
February 5
Shelly Ellig Indoor Track and Field Facility
Final

Friday, February 5

Women's Pentathlon

11:00 am	60m Hurdles
12:00 pm	High Jump
TBD	Shot Put
TBD	Long Jump
TBD	800m Run

Men's Heptathlon

12:00 pm	60m Dash
12:35 pm	Long Jump
	Shot Put
	High Jump

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Field Events

4:00pm	Weight Throw	Final	Men-Women
-Following WT	Shot Put	Final	Men – Women
4:30pm	High Jump	Final	Women – Men
4:30pm	Pole Vault	Final	Men--Women
5:00pm	Long Jump	Final	Women East runway
5:00pm	Long Jump	Final	Men West Runway
*Triple Jump 30min following LJ			Men West
			Women East

Running Events: Start at 4:30 (we will not get more than 5mins ahead of schedule)

4:30pm	5K	Final	Men – Women
5:15pm	60m Hurdle	Prelim	Women (No prelim for Men)
5:20pm	60m Dash	Prelim	Men – Women
5:35pm	Mile Run	Final	Men – Women
5:50pm	60m Hurdle	Final	Women- Men
6:00pm	60m Dash	Final	Men – Women
6:05pm	300m Dash	Final	Men – Women
6:15pm	400m Dash	Final	Men – Women
6:35pm	600m Run	Final	Men – Women
6:45pm	800m Run	Final	Men – Women
7:00pm	1000m Run	Final	Men – Women
7:20pm	200m Dash	Final	Men – Women
7:45pm	3000m Run	Final	Men – Women
8:45pm	4 x 400m	Final	Men – Women

Saturday, February 6

Heptathlon

10:00AM	Heptathlon 60m Hurdles
10:45AM	Heptathlon Pole Vault
TBD	Heptathlon 1000m