

UPDATED SCHEDULE OF EVENTS – as of February 9th

FRIDAY – FEBRUARY 10th - DAVID HEMERY VALENTINE INVITATIONAL

Field Events: Top flight will go last, prior to 9 person final

12:00 PM – Women's Long Jump (first legal jump measured, 5 meters minimum for additional measurements). Limited to 48 competitors

Triple Jump will follow Long Jump.(first legal jump measured, 10.80 meters minimum for additional measurements). Limited to 48 competitors

12:00 PM - Women's Shot Put, Weight Throw to follow. Limited to 48 competitors per event

12:00 PM - Women's High Jump (starting height 1.50m) Limited to a total of 48 competitors

12:00 PM - Women's Pole Vault (starting height 2.75m) Limited to a total of 48 competitors

Running time schedule below is our best estimate and should be used as a guide. We will not go ahead by more than 5 minutes but may fall behind based on scratches, etc.

Track Events: All events are finals run by sections on time, going fast to slow

1:00 PM - Women's 60 Hurdles

1:20 PM - Women's 800 Meters

2:05 PM - Women's 60 Meters

2:30 PM – Women's 600 Meters

2:35 PM - Women's 400 meters

3:15 PM - Women's 500 Meters

3:35 PM - Women's 200 Meters

4:20 PM - Women's 1000 Meters

4:45 PM - Women's 1 Mile Run

6:25 PM - Women's 4x400 Relay

7:20 PM - Women's 3000 Meters (minimum entry time of 10:30)

8:50 PM - Women's 5000 Meters (minimum entry time of 18:45)

10:10 PM - Men's Distance Medley

UPDATED SCHEDULE OF EVENTS – as of February 9th

SATURDAY – FEBRUARY 11th - DAVID HEMERY VALENTINE INVITATIONAL

Field Events: Top flight will go last, prior to 9 person final

10:30 AM – Long Jump (first legal jump measured and then 6 meters minimum) 48 competitors

Triple Jump (first legal jump and then 12.85 meters minimum) 48 competitors

10:30 AM - Shot Put, Weight Throw to follow, 48 competitors in each throwing event

11:00 AM - High Jump (starting height 1.80m) 48 competitors

11:00 AM - Pole Vault (starting height 3.80m). 48 competitors

Running time schedule below is our best estimate and should be used as a guide. We will not go ahead by more than 5 minutes but may fall behind based on scratches, etc.

Track Events: All events are finals run by sections on time, going fast to slow

10:30 AM - Women's Distance Medley

10:55 AM - Men's 60 Hurdles

11:20 AM - Men's 800 Meters

12:30 PM - Men's 60 Meters

1:00 PM - Men's 600 Meters

1:05 PM – Men's 400 Meters

1:50 PM - Men's 500 Meters

2:10 PM - Men's 200 Meters

3:10 PM - Men's 1000 Meters

3:35 PM - Men's 1 Mile Run

5:50 PM - Men's 4x400 Relay

6:35 PM - Men's 3000 Meters (minimum entry time of 9:10)

8:30 PM - Men's 5000 Meters (minimum entry time of 15:45)