

KSU Invitational **One Day Schedule**

Friday March 29th

Friday Field Events

11:00am –Hammer	Women followed by Men
Javelin	Men followed by Women
12:30pm-Pole Vault	Women followed by Men
12:30pm Long Jump	Women followed by Men
3:30pm - High Jump	Women followed by Men
3:30pm – Discus	Men followed by Women
Shot Put	Women followed by Men
4:30pm -Triple Jump	Women followed by Men

Friday Running Events

12:30pm	4 x 100m Relay	Women
12:45pm	4 x 100m relay	Men
1:00pm	100m Hurdle	Women
1:15pm	110m Hurdle	Men
1:25pm	400m Run	Women
1:40pm	400m Run	Men
1:55pm	100m Dash	Women
2:15pm	100m Dash	Men
2:30pm	800m Run	Women
2:45pm	800m Run	Men
3:00pm	3000SC	Women
3:15pm	3000SC	Men
3:45pm	200m	Women
4:10pm	200m	Men
4:30pm	1500m	Women
5:00pm	1500m	Men
5:30pm	400m Hurdles	Women
5:50pm	400m Hurdles	Men
6:15pm	5000m	Women
6:45pm	5000m	Men
7:10pm	4x400m	Women
7:20pm	4x400m	Men