

Linfield Open

Saturday May 6, 2023

Schedule of Events

****Tentative****

Field Events (3 attempts, top 9 advance to final)

10:00am Women's Hammer(Men to follow)
Men's Discus(Women to follow)
Men's and Women's Long Jump, Triple Jump to follow

11:00am Women's Pole Vault (Men to follow)
Men's Javelin(Women to Follow)
Women's High Jump (Men to follow)

Men's Shot(West pit) put follows Men's Hammer
Women's Shot(East Pit across RR tracks) put follows Women's Discus

Track Events(rolling schedule after the 1500)

11:00am	Steeplechase (Women)	
11:20am	Steeplechase (Men)	
11:35am	400m Relay (Women)	
11:40am	400m Relay (Men)	
11:45am	1500m (Women)2hts	
12:00pm	1500m (Men)2hts	<u>Est. Times</u>
	100m Hurdles (Women)3hts	12:20
	110m Hurdles (Men)1hts	12:35
	400m Dash (Women)2hts	12:50
	400m Dash (Men)3hts	1:00
	100m Dash (Women)4hts	1:10
	100m Dash (Men)4hts	1:20
	800m Run (Women)2hts	1:30
	800m run (Men)3hts	1:40
	400m Hurdles (Women)2hts	2:15
	400m Hurdles (Men)1hts	2:15
	200m Dash (Women)3hts	2:30
	200m Dash (Men)4hts	2:40
	5000m Run (Women) 1ht	2:50
	5000m Run (Men) 1ht	3:15
	1600m Relay (Women)1hts	3:35
	1600m Relay (Men)2hts	3:40