

Jack Rose Track • Long Beach State University

Friday, March 4, 2022

(Final Schedule as of March 2, 2022)

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Time	Event	Location	Flights	Field Size
09:00 a.m.	Men's Hammer Throw	North Ring-Outfield	4 flights	47 entries
09:30 a.m.	Women's Javelin	North Runway	4 flights	55 entrie
01:15 p.m.	Women's Hammer	North Ring-Outfield	5 flights	66 entrie
01:45 p.m.	Men's Javelin	South Runway	3 flights	39 entries
COMMUNITY	COLLEGE JUMPING EVENTS TIME SCHEDULE			
Time	Event	Location	Flights	Field Size
10:00 a.m.	Women's Long Jump	West Runway	2 flights	21 entries
10:00 a.m.	Men's Long Jump	West Runway	4 flights	43 entrie
11:00 a.m.	Men's Pole Vault	West Runway	1 flight	10 entrie
12:00 p.m.	Women's High Jump	West Pit	1 flight	12 entrie
12:00 p.m.	Men's High Jump	East Pit	1 flight	12 entries
01:30 p.m.	Women's Pole Vault	East Runway	1 flight	8 entrie:
01:30 p.m.	Men's Pole Vault	West Runway	1 flight	Top 10 entrie
01:30 p.m.	Women's Triple Jump	East Runway	1 flight	11 entrie
01:30 p.m.	Men's Triple Jump	West Runway	2 flights	15 entrie
COMMUNITY	COLLEGE TRACK EVENTS TIME SCHEDULE			
Start	Event		Heats	Field Size
09:55 a.m.	NATIONAL ANTHEM			
10:00 a.m.	Women's 3,000 Meter Steeple Chase		1 heat	3 entries
	Wollien's 5,000 Weter Steeple Chase			J CHILLIC
	Men's 3,000 Meter Steeple Chase		1 heat	
10:20 a.m.	•			6 entrie
10:20 a.m. 10:40 a.m.	Men's 3,000 Meter Steeple Chase		1 heat	6 entrie 6 entrie
10:20 a.m. 10:40 a.m. 10:45 a.m.	Men's 3,000 Meter Steeple Chase Women's 4x100 Meter Relay		1 heat 1 heat	6 entrie 6 entrie 14 entrie
10:20 a.m. 10:40 a.m. 10:45 a.m. 10:55 a.m.	Men's 3,000 Meter Steeple Chase Women's 4x100 Meter Relay Men's 4x100 Meter Relay		1 heat 1 heat 2 heats	6 entrie 6 entrie 14 entrie 18 entrie
10:20 a.m. 10:40 a.m. 10:45 a.m. 10:55 a.m. 11:05 a.m.	Men's 3,000 Meter Steeple Chase Women's 4x100 Meter Relay Men's 4x100 Meter Relay Women's 1500 Meters		1 heat 1 heat 2 heats 1 heat	6 entrie 6 entrie 14 entrie 18 entrie 50 entrie
10:20 a.m. 10:40 a.m. 10:45 a.m. 10:55 a.m. 11:05 a.m. 11:35 a.m.	Men's 3,000 Meter Steeple Chase Women's 4x100 Meter Relay Men's 4x100 Meter Relay Women's 1500 Meters Men's 1500 Meters		1 heat 1 heat 2 heats 1 heat 4 heats	6 entrie 6 entrie 14 entrie 18 entrie 50 entrie 17 entrie
10:20 a.m. 10:40 a.m. 10:45 a.m. 10:55 a.m. 11:05 a.m. 11:35 a.m.	Men's 3,000 Meter Steeple Chase Women's 4x100 Meter Relay Men's 4x100 Meter Relay Women's 1500 Meters Men's 1500 Meters Women's 100 Meter Hurdles		1 heat 1 heat 2 heats 1 heat 4 heats 2 heats	6 entrie 6 entrie 14 entrie 18 entrie 50 entrie 17 entrie 13 entrie
10:20 a.m. 10:40 a.m. 10:45 a.m. 10:55 a.m. 11:05 a.m. 11:35 a.m. 11:40 a.m.	Men's 3,000 Meter Steeple Chase Women's 4x100 Meter Relay Men's 4x100 Meter Relay Women's 1500 Meters Men's 1500 Meters Women's 100 Meter Hurdles Men's 110 Meter Hurdles		1 heat 1 heat 2 heats 1 heat 4 heats 2 heats 2 heats 2 heats	6 entrie 6 entrie 14 entrie 18 entrie 50 entrie 17 entrie 13 entrie
10:20 a.m. 10:40 a.m. 10:45 a.m. 10:55 a.m. 11:05 a.m. 11:35 a.m. 11:40 a.m. 11:55 a.m.	Men's 3,000 Meter Steeple Chase Women's 4x100 Meter Relay Men's 4x100 Meter Relay Women's 1500 Meters Men's 1500 Meters Women's 100 Meter Hurdles Men's 110 Meter Hurdles Women's 400 Meters		1 heat 1 heat 2 heats 1 heat 4 heats 2 heats 2 heats 2 heats 2 heats	6 entrie 6 entrie 14 entrie 18 entrie 50 entrie 17 entrie 10 entrie 29 entrie
10:20 a.m. 10:40 a.m. 10:45 a.m. 10:55 a.m. 11:05 a.m. 11:35 a.m. 11:40 a.m. 11:55 a.m. 12:10 p.m.	Men's 3,000 Meter Steeple Chase Women's 4x100 Meter Relay Men's 4x100 Meter Relay Women's 1500 Meters Men's 1500 Meters Women's 100 Meters Women's 100 Meter Hurdles Men's 110 Meter Hurdles Women's 400 Meters Men's 400 Meters		1 heat 1 heat 2 heats 1 heat 4 heats 2 heats 2 heats 2 heats 4 heats	6 entrie 6 entrie 14 entrie 18 entrie 50 entrie 17 entrie 10 entrie 29 entrie
10:20 a.m. 10:40 a.m. 10:45 a.m. 10:55 a.m. 11:05 a.m. 11:35 a.m. 11:40 a.m. 11:55 a.m. 12:10 p.m. 12:25 p.m.	Men's 3,000 Meter Steeple Chase Women's 4x100 Meter Relay Men's 4x100 Meter Relay Women's 1500 Meters Men's 1500 Meters Women's 100 Meter Hurdles Men's 110 Meter Hurdles Women's 400 Meters Men's 400 Meters Women's 400 Meters Women's 100 Meters		1 heat 1 heat 2 heats 1 heat 4 heats 2 heats 2 heats 2 heats 4 heats 3 heats	6 entrie 6 entrie 14 entrie 18 entrie 50 entrie 17 entrie 13 entrie 29 entrie 26 entrie
10:20 a.m. 10:40 a.m. 10:45 a.m. 10:55 a.m. 11:05 a.m. 11:35 a.m. 11:40 a.m. 11:55 a.m. 12:10 p.m. 12:25 p.m. 12:40 p.m.	Men's 3,000 Meter Steeple Chase Women's 4x100 Meter Relay Men's 4x100 Meter Relay Women's 1500 Meters Men's 1500 Meters Women's 100 Meter Hurdles Men's 110 Meter Hurdles Women's 400 Meters Men's 400 Meters Men's 400 Meters Momen's 100 Meters Momen's 100 Meters		1 heat 1 heat 2 heats 1 heat 4 heats 2 heats 2 heats 2 heats 4 heats 3 heats 8 heats	6 entrie 6 entrie 14 entrie 18 entrie 50 entrie 17 entrie 10 entrie 29 entrie 26 entrie 30 entrie
10:20 a.m. 10:40 a.m. 10:45 a.m. 10:55 a.m. 11:05 a.m. 11:35 a.m. 11:40 a.m. 12:55 a.m. 12:10 p.m. 12:25 p.m. 12:40 p.m. 01:10 p.m.	Men's 3,000 Meter Steeple Chase Women's 4x100 Meter Relay Men's 4x100 Meter Relay Women's 1500 Meters Men's 1500 Meters Women's 100 Meter Hurdles Men's 110 Meter Hurdles Women's 400 Meters Women's 400 Meters Men's 400 Meters Women's 100 Meters Women's 100 Meters Men's 100 Meters Men's 100 Meters Men's 100 Meters Momen's 800 Meters Men's 800 Meters		1 heat 1 heat 2 heats 1 heat 4 heats 2 heats 2 heats 2 heats 4 heats 3 heats 8 heats 2 heats 6 heats	6 entrie 6 entrie 14 entrie 18 entrie 50 entrie 17 entrie 10 entrie 29 entrie 26 entrie 30 entrie
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10:20 a.m. 10:40 a.m. 10:45 a.m. 10:55 a.m. 11:05 a.m. 11:35 a.m. 11:55 a.m. 12:10 p.m. 12:25 p.m. 12:40 p.m. 01:20 p.m. 01:20 p.m. 01:50 p.m. 01:50 p.m.	Men's 3,000 Meter Steeple Chase Women's 4x100 Meter Relay Men's 4x100 Meter Relay Women's 1500 Meters Men's 1500 Meters Women's 100 Meter Hurdles Men's 110 Meter Hurdles Women's 400 Meters Women's 400 Meters Women's 400 Meters Women's 100 Meters Women's 100 Meters Men's 100 Meters Women's 400 Meters Women's 400 Meters Men's 800 Meters Men's 800 Meters Men's 800 Meters Women's 400 Meter Hurdles Men's 400 Meter Int. Hurdles		1 heat 1 heat 2 heats 1 heat 4 heats 2 heats 2 heats 2 heats 4 heats 3 heats 8 heats 2 heats 2 heats 3 heats 8 heats 2 heats 6 heats 2 heats 3 heats	6 entrie 6 entrie 14 entrie 18 entrie 50 entrie 17 entrie 10 entrie 29 entrie 26 entrie 73 entrie 30 entrie 59 entrie 14 entrie 21 entrie
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10:20 a.m. 10:40 a.m. 10:45 a.m. 10:55 a.m. 11:05 a.m. 11:35 a.m. 11:40 a.m. 11:55 a.m. 12:10 p.m. 12:25 p.m. 12:40 p.m. 01:10 p.m. 01:20 p.m. 01:50 p.m. 02:20 p.m. 02:20 p.m. 02:50 p.m. 02:50 p.m.	Men's 3,000 Meter Steeple Chase Women's 4x100 Meter Relay Men's 4x100 Meter Relay Women's 1500 Meters Men's 1500 Meters Women's 100 Meter Hurdles Men's 110 Meter Hurdles Women's 400 Meters Women's 400 Meters Men's 400 Meters Women's 100 Meters Women's 100 Meters Women's 800 Meters Women's 800 Meters Women's 800 Meters Men's 400 Meter Hurdles Men's 400 Meter Int. Hurdles Women's 200 Meters Men's 200 Meters Men's 200 Meters Men's 3,000 Meters Men's 3,000 Meters		1 heat 1 heat 2 heats 1 heat 4 heats 2 heats 2 heats 2 heats 4 heats 3 heats 8 heats 2 heats 6 heats 2 heats 1 heat 1 heat 1 heat	6 entries 6 entries 14 entries 18 entries 50 entries 17 entries 10 entries 29 entries 30 entries 30 entries 14 entries 21 entries 22 entries 23 entries 23 entries 24 entries 27 entries 27 entries
10:20 a.m. 10:40 a.m. 10:45 a.m. 10:55 a.m. 11:05 a.m. 11:35 a.m. 11:40 a.m. 11:55 a.m. 12:10 p.m. 12:25 p.m. 12:40 p.m. 01:10 p.m. 01:20 p.m. 01:50 p.m. 02:50 p.m. 02:50 p.m. 03:50 p.m. 03:50 p.m.	Men's 3,000 Meter Steeple Chase Women's 4x100 Meter Relay Men's 4x100 Meter Relay Women's 1500 Meters Men's 1500 Meters Women's 100 Meter Hurdles Men's 110 Meter Hurdles Women's 400 Meters Women's 400 Meters Women's 400 Meters Women's 100 Meters Women's 100 Meters Women's 800 Meters Women's 800 Meters Women's 800 Meters Women's 400 Meter Hurdles Men's 400 Meter Int. Hurdles Women's 200 Meters Men's 200 Meters Men's 200 Meters Women's 3,000 Meters		1 heat 1 heat 2 heats 1 heat 4 heats 2 heats 2 heats 2 heats 4 heats 3 heats 8 heats 2 heats 6 heats 2 heats 4 heats 1 heats 1 heats	6 entries 6 entries 14 entries 18 entries 50 entries 17 entries 10 entries 29 entries 30 entries 59 entries 14 entries 21 entries 22 entries 23 entries 24 entries 25 entries 26 entries 27 entries 27 entries 28 entries 29 entries 21 entries 21 entries 21 entries



Jack Rose Track • Long Beach State University

Saturday, March 5, 2022

(Final Schedule as of March 2, 2022)

	(Final Scriedule as o	,		
Time	INIVERSITY / OPEN / COMMUNITY COLLEGE T Event			Field
10:00 a.m.	Women's Discus	Location Outfield	Flights Flights 1-3	37 entries
10:00 a.m.	Women's Discus	Infield	Flights 4-5	22 entries
10:00 a.m.	Men's Shot Put	East Ring	Flights 1-3	33 entries
	Men's Shot Put	_	_	
10:00 a.m.		West Ring	Flights 4-5	21 entries
12:30 p.m.	Women's Shot Put Women's Shot Put	East Ring	Flights 1-2	23 entries
12:30 p.m.		West Ring	Flights 3-4	20 entries
12:30 p.m.	Men's Discus Men's Discus	Outfield Infield	Flights 1-4	42 entries
12:30 p.m.			Flights 5-7	30 entries
UNIVERSITY /				
Time	Event	Location	Flights	Field Size
10:00 a.m.	Women's Pole Vault	East Runway	Flight 1	16 entries
10:00 a.m.	Women's Long Jump	West Runway	Flights 1-4	41 entries
10:00 a.m.	Men's Long Jump	West Runway	Flights 1-2	23 entries
10:30 p.m.	Women's High Jump	East Pit	Flight 1	9 entries
10:30 p.m.	Women's High Jump	West Pit	Flight 2	9 entries
11:00 a.m.	Men's Pole Vault	West Runway	Flight 1	13 entries
12:30 p.m.	Women's High Jump	West Pit	Flight 3	13 entries
12:30 p.m.	Men's High Jump	East Pit	Flight 1	18 entries
12:30 p.m.	Women's Pole Vault	East Runway	Flight 2	14 entries
01:30 p.m.	Women's Triple Jump	East Runway	Flights 1-2	16 entries
01:30 p.m.	Men's Triple Jump	West Runway	Flights 1-2	18 entries
UNIVERSITY ,	OPEN / ELITE COMMUNITY COLLEGE TRACK	EVENTS TIME SCHEDUL	<u>.E</u>	
Start	Event		Heats	Field Size
<mark>09:55 a.m.</mark>	NATIONAL ANTHEM			
10:00 a.m.	Women's 3,000 Meter Steeple Chase		1 heat	6 entries
10:20 a.m.	Men's 3,000 Meter Steeple Chase		1 heat	3 entries
10:40 a.m.	Women's 4x100 Meter Relay		1 heat	9 entries
10:45 a.m.	Men's 4x100 Meter Relay		1 heat	4 entries
10:50 a.m.	Women's 1500 Meters		3 heats	55 entries
11:10 a.m.	Men's 1500 Meters		3 heats	62 entries
11:30 a.m.	Women's 100 Meter Hurdles		5 heats	43 entries
11:50 a.m.	Men's 110 Meter Hurdles		4 heats	32 entries
12:05 p.m.	Women's 400 Meters		3 heats	28 entries
12:20 p.m.	Men's 400 Meters		4 heats	33 entries
12:40 p.m.	Women's 100 Meters		5 heats	41 entries
12:55 p.m.	Men's 100 Meters		6 heats	51 entries
01:15 p.m.	Women's 800 Meters		5 heats	50 entries
01:35 p.m.	Men's 800 Meters		4 heats	45 entries
01:55 p.m.	Women's 400 Meter Hurdles		3 heats	26 entries
02:10 p.m.	Men's 400 Meter Int. Hurdles		2 heats	15 entries
02:20 p.m.	Women's 200 Meters		7 heats	62 entries
02:45 p.m.	Men's 200 Meters		7 heats	60 entries
03:00 p.m.	Women's 3,000 Meters		2 heats	49 entries
03:25 p.m.	Men's 3,000 Meters		2 heats	58 entries
03:50 p.m.	Women's 4x400 Meter Relay		2 heats	16 entries
04:05 p.m.	Men's 4x400 Meter Relay		2 heats	17 entries