

Jack Rose Track

FRIDAY, APRIL 15, 2022

Final Schedule (Revised @ 8:00 am, 4/14/22)

FIELD EVENTS TIME SCHEDULE

Time	Event	Location	Flights
10:00 a.m.	Women's High Jump	West Pit	Flight #1
10:00 a.m.	Women's High Jump	East Pit	Flight #2
11:15 a.m.	Women's Pole Vault	East Runway	Flight #1
11:15 a.m.	Women's Pole Vault	West Runway	Flight #2
10:00 a.m.	Women's Long Jump	East Runway	Flights #1-3
10:00 a.m.	Men's Long Jump	West Runway	Flights #1-3
01:00 p.m.	Women's Triple Jump	East Runway	Flight #1
01:00 p.m.	Women's Triple Jump	West Runway	Flight #2
09:00 a.m.	Men's Hammer Throw	North Ring-Outfield	Flights #1-3
11:30 a.m.	Men's GOLD INVITATIONAL Hammer	North Ring-Outfield	Flights #4-5
01:30 p.m.	Women's GOLD INVITATIONAL Hammer	North Ring-Outfield	Flights #5-6
03:15 p.m.	Women's Hammer	North Ring-Outfield	Flights #4, 3, 2, 1
09:00 a.m.	Women's Javelin	North Runway	Flights #1-2
10:30 a.m.	Women's GOLD INVITATIONAL Javelin	North Runway	Flights #3-4
01:00 p.m.	Men's GOLD INVITATIONAL Javelin	South Runway	Flight #3-4
02:45 p.m.	Men's Javelin	South Runway	Flights #2, 1

TRACK EVENTS TIME SCHEDULE

Start	Event	Heats
08:25 a.m.	NATIONAL ANTHEM	
08:30 a.m.	Women's GOLD INVITATIONAL 10,000 Meters	Heat #1
09:15 a.m.	Men's GOLD INVITATIONAL 10,000 Meters	Heat #1
09:55 a.m.	Women's GOLD INVITATIONAL 5,000 Meters	Heat #1
10:20 a.m.	Men's GOLD INVITATIONAL 5,000 Meters	Heat #1
10:40 a.m.	Women's GOLD INVITATIONAL 3,000 Meter Steeple Chase	Heat #1
11:05 a.m.	Men's GOLD INVITATIONAL 3,000 Meter Steeple Chase	Heat #1
11:25 a.m.	Women's 800 Meters	Heats #9-11
11:50 a.m.	Men's 800 Meters	Heats #9-13
12:20 p.m.	Women's 200 Meters	Heats #14-16

BEACH INVITATIONAL

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Jack Rose Track

SATURDAY, APRIL 16, 2022

Final Schedule (Revised @ 8:00 am, 4/14/22)

FIELD EVENTS TIME SCHEDULE

Time	Event	Location	Flights
09:00 a.m.	Men's High Jump	West Pit	Flight #1
09:00 a.m.	Men's High Jump	East Pit	Flight #2
12:30 p.m.	Men's GOLD INVITATIONAL High Jump	East Pit	Flight #3
12:30 p.m.	Women's High Jump	West Pit	Flight #3
02:15 p.m.	Women's GOLD INVITATIONAL High Jump	East Pit	Flight #5
03:40 p.m.	Women's High Jump	West Pit	Flight #4
10:30 a.m.	Women's Pole Vault	East Runway	Flight #3
01:15 p.m.	Women's GOLD INVITATIONAL Pole Vault	East Runway	Flight #5
03:30 p.m.	Women's Pole Vault	West Runway	Flight #4
10:30 a.m.	Men's Pole Vault	West Runway	Flight #2
01:15 p.m.	Men's GOLD INVITATIONAL Pole Vault	West Runway	Flight #3
03:30 p.m.	Men's Pole Vault	East Runway	Flight #1
09:30 a.m.	Women's Long Jump	East Runway	Flights #4-6
12:00 p.m.	Women's GOLD INVITATIONAL Long Jump	East Runway	Flights #7-8
09:30 a.m.	Men's Long Jump	West Runway	Flights #4-6
12:00 p.m.	Men's GOLD INVITATIONAL Long Jump	West Runway	Flights #7-8
02:30 p.m.	Women's Triple Jump	East Runway	Flights #3-4
04:10 p.m.	Women's GOLD INVITATIONAL Triple Jump	East Runway	Flight #5-6
02:30 p.m.	Men's Triple Jump	West Runway	Flights #1-2
04:10 p.m.	Men's GOLD INVITATIONAL Triple Jump	West Runway	Flight #3-4
10:30 a.m.	Men's GOLD INVITATIONAL Shot Put	West Ring	Flights #5-7
10:30 a.m.	Men's Shot Put	East Ring	Flights #1-4
03:00 p.m.	Women's GOLD INVITATIONAL Shot Put	West Ring	Flights #5-7
03:00 p.m.	Women's Shot Put	East Ring	Flights #1-4
10:00 a.m.	Women's GOLD INVITATIONAL Discus	North West Ring	Flights #5-7
10:00 a.m.	Women's Discus	North Ring-Outfield	Flights #1-4
02:00 p.m.	Men's GOLD INVITATIONAL Discus	North West Ring	Flights #6-8
02:30 p.m.	Men's Discus	North Ring-Outfield	Flights #1-5

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SATURDAY, APRIL 16, 2022

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TRACK EVENTS TIME SCHEDULE

Start	Event	Heats
09:00 a.m.	Women's 1500 Meters	Heats #7-2
09:43 a.m.	Women's GOLD INVITATIONAL 1500 Meters	Heat #1
09:49 a.m.	Men's GOLD INVITATIONAL 1500 Meters	Heat #1
09:55 a.m.	Men's 1500 Meters	Heats #2-5
10:15 a.m.	NATIONAL ANTHEM	
10:20 a.m.	Special Event: Beach Invitational Hall-of-Honor Induction (Class of 2022)	
10:33 a.m.	Women's GOLD INVITATIONAL 4x100 Meter Relay	Heat #1
10:38 a.m.	Women's 4x100 Meter Relay	Heats #2-4
10:48 a.m.	Men's GOLD INVITATIONAL 4x100 Meter Relay	Heat #1
10:53 a.m.	Men's 4x100 Meter Relay	Heats #2-3
11:15 a.m.	Special Event: LBSU Men's Senior Presentation	
11:25 a.m.	Women's GOLD INVITATIONAL 100 Meter Hurdles	Heat #1
11:28 a.m.	Women's 100 Meter Hurdles	Heat #2-12
12:00 p.m.	Special Event: LBSU Women's Senior Presentation	
12:15 p.m.	Men's GOLD INVITATIONAL 110 Meter High Hurdles	Heat #1
12:18 p.m.	Men's 110 Meter High Hurdles	Heats #2-9
12:45 p.m.	Women's GOLD INVITATIONAL 400 Meters	Heat #1
12:48 p.m.	Women's 400 Meters	Heats #2-13
01:24 p.m.	Men's GOLD INVITATIONAL 400 Meters	Heat #1
01:27 p.m.	Men's 400 Meters	Heats #2-12
02:03 p.m.	Women's GOLD INVITATIONAL 100 Meters	Heat #1
02:06 p.m.	Women's 100 Meters	Heats #2-13
02:42 p.m.	Men's GOLD INVITATIONAL 100 Meters	Heat #1
02:45 p.m.	Men's 100 Meters	Heats #2-13
03:21 p.m.	Women's GOLD INVITATIONAL 800 Meters	Heat #1
03:25 p.m.	Women's 800 Meters	Heats #2-8
03:53 p.m.	Men's GOLD INVITATIONAL 800 Meters	Heat #1
03:57 p.m.	Men's 800 Meters	Heats #2-8
04:25 p.m.	Women's GOLD INVITATIONAL 400 Meter Hurdles	Heat #1
04:28 p.m.	Women's 400 Meter Hurdles	Heats #2-9
04:52 p.m.	Men's GOLD INVITATIONAL 400 Meter Int. Hurdles	Heat #1
04:55 p.m.	Men's 400 Meter Int. Hurdles	Heats #2-9
05:20 p.m.	Women's GOLD INVITATIONAL 200 Meters	Heat #1
05:23 p.m.	Women's 200 Meters	Heats #2-13
06:00 p.m.	Men's GOLD INVITATIONAL 200 Meters	Heat #1
06:03 p.m.	Men's 200 Meters	Heats #2-13
06:41 p.m.	Women's GOLD INVITATIONAL 4x400 Meter Relay	Heat #1
06:46 p.m.	Women's 4x400 Meter Relay	Heats #2-3
06:56 p.m.	Men's GOLD INVITATIONAL 4x400 Meter Relay	Heat #1
07:02 p.m.	Men's 4x400 Meter Relay	Heat #2-3