

# BEACH ELITE UNIVERSITY OPEN INVITATIONAL

[Jack Rose Track](#)

FRIDAY, APRIL 12, 2024

*Updated tentative schedule as of December 1, 2023*

## FIELD EVENTS TIME SCHEDULE

Time	Event	Location	Flights
12:00 p.m.	Women's High Jump	East Pit	Flight #1
12:30 p.m.	Men's High Jump	West Pit	Flight #1
11:00 a.m.	Women's Pole Vault	East Runway	Flight #1
02:00 p.m.	Women's Pole Vault	East Runway	Flight #2
11:30 a.m.	Men's Pole Vault	West Runway	Flight #1
02:30 p.m.	Men's Pole Vault	West Runway	Flight #2
10:00 a.m.	Women's Long Jump	West Runway	Flights #1-4
10:30 a.m.	Men's Long Jump	East Runway	Flights #1-3
01:00 p.m.	Women's Triple Jump	West Runway	Flight #1-2
01:00 p.m.	Men's Triple Jump	East Runway	Flight #1-2
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
02:00 p.m.	Women's GOLD INVITATIONAL Hammer	North Ring-Outfield	Flights #4-5
03:45 p.m.	Women's Hammer	North Ring-Outfield	Flights #1-3
10:00 a.m.	Women's Javelin	North Runway	Flights #1-2
11:30 a.m.	Women's GOLD INVITATIONAL Javelin	North Runway	Flights #3
02:00 p.m.	Men's Javelin	South Runway	Flights #1-2
03:30 p.m.	Men's GOLD INVITATIONAL Javelin	South Runway	Flight #3

## TRACK EVENTS TIME SCHEDULE

Start	Event	Heats
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.	<a href="#">NATIONAL ANTHEM</a>	
10:00 a.m.	Women's GOLD INVITATIONAL 5,000 Meters	Heat #1
10:25 a.m.	Men's GOLD INVITATIONAL 5,000 Meters	Heat #1
10:45 a.m.	Women's GOLD 5,000 Meters	Heat #2
11:10 a.m.	Men's 5,000 Meters	Heat #2
11:35 a.m.	Women's GOLD INVITATIONAL 3,000 Meter Steeple Chase	Heat #1
12:00 p.m.	Men's GOLD INVITATIONAL 3,000 Meter Steeple Chase	Heat #1
12:20 p.m.	Women's 1500 Meters	Heat #1-2
12:32 p.m.	Men's 1500 Meters	Heat #1-2
12:44 p.m.	Women's 400 Meters	Heat #1-4
12:58 p.m.	Men's 400 Meters	Heat #1-4
01:14 p.m.	Women's 100 Meters	Heat #1-7
01:35 p.m.	Men's 100 Meters	Heat #1-7
01:56 p.m.	Women's 800 Meters	Heat #1-4
02:12 p.m.	Men's 800 Meters	Heat #1-6
02:36 p.m.	Women's 200 Meters	Heats #1-9
03:03 p.m.	Men's 200 Meters	Heat #1-5

SATURDAY, APRIL 13, 2024

*Updated tentative schedule as of December 1, 2023*

## FIELD EVENTS TIME SCHEDULE

Time	Event	Location	Flights
10:00 a.m.	Men's High Jump	West Pit	Flight #1
10:00 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 #1
02:15 p.m.	Women's GOLD INVITATIONAL High Jump	East Pit	Flight #3
03:00 p.m.	Women's High Jump	West Pit	Flight #2
10:30 a.m.	Women's Pole Vault	East Runway	Flight #1
01:00 p.m.	Women's Pole Vault	East Runway	Flight #2
03:30 p.m.	Women's GOLD INVITATIONAL Pole Vault	East Runway	Flight #3
10:30 a.m.	Men's Pole Vault	West Runway	Flight #1
01:00 p.m.	Men's GOLD INVITATIONAL Pole Vault	West Runway	Flight #3
03:00 p.m.	Men's Pole Vault	West Runway	Flight #2
10:00 a.m.	Women's Long Jump	East Runway	Flights #1-2
11:45 a.m.	Women's GOLD INVITATIONAL Long Jump	East Runway	Flights #3-4
10:00 a.m.	Men's Long Jump	West Runway	Flights #1-2
11:45 a.m.	Men's GOLD INVITATIONAL Long Jump	West Runway	Flights #3-4
02:30 p.m.	Women's Triple Jump	East Runway	Flights #1-2
04:20 p.m.	Women's GOLD INVITATIONAL Triple Jump	East Runway	Flight #3
02:30 p.m.	Men's Triple Jump	West Runway	Flights #1-2
04:20 p.m.	Men's GOLD INVITATIONAL Triple Jump	West Runway	Flight #3
10:00 a.m.	Men's GOLD INVITATIONAL Shot Put	West Ring	Flights #5-7
10:00 a.m.	Men's Shot Put	East Ring	Flights #1-4
02:00 p.m.	Women's GOLD INVITATIONAL Shot Put	West Ring	Flights #5-7
02:00 p.m.	Women's Shot Put	East Ring	Flights #1-4
10:00 a.m.	Women's GOLD INVITATIONAL Discus	Infield	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	Infield	Flights #5-7
02:00 p.m.	Men's Discus	North Ring-Outfield	Flights #1-4

SATURDAY, APRIL 13, 2024

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## TRACK EVENTS TIME SCHEDULE

Start	Event	Heats
09:40 a.m.	<i>Special Event: Beach Invitational Hall-of-Honor Induction (Class of 2024)</i>	
09:55 a.m.	<i>NATIONAL ANTHEM</i>	
10:06 a.m.	Women's GOLD INVITATIONAL 1500 Meters	Heat #1
10:06 a.m.	Women's 1500 Meters	Heats #2-4
10:42 a.m.	Men's GOLD INVITATIONAL 1500 Meters	Heat #1
10:48 a.m.	Men's 1500 Meters	Heats #2-4
11:07 a.m.	Women's GOLD INVITATIONAL 4x100 Meter Relay	Heat #1
11:12 a.m.	Women's 4x100 Meter Relay	Heats #2-3
11:26 a.m.	Men's GOLD INVITATIONAL 4x100 Meter Relay	Heat #1
11:30 a.m.	Men's 4x100 Meter Relay	Heats #2-3
11:44 a.m.	<i>Special Event: LBSU Men's Senior Presentation</i>	
11:54 a.m.	Women's GOLD INVITATIONAL 100 Meter Hurdles	Heat #1
11:57 a.m.	Women's 100 Meter Hurdles	Heats #2-10
12:29 p.m.	<i>Special Event: LBSU Women's Senior Presentation</i>	
12:41 p.m.	Men's GOLD INVITATIONAL 110 Meter Hurdles	Heat #1
12:44 p.m.	Men's 110 Meter Hurdles	Heats #2-6
12:59 p.m.	Women's GOLD INVITATIONAL 400 Meters	Heat #1
01:03 p.m.	Women's 400 Meters	Heats #2-6
01:23 p.m.	Men's GOLD INVITATIONAL 400 Meters	Heat #1
01:27 p.m.	Men's 400 Meters	Heats #2-6
01:47 p.m.	Women's GOLD INVITATIONAL 100 Meters	Heat #1
01:50 p.m.	Women's 100 Meters	Heats #2-6
02:05 p.m.	Men's GOLD INVITATIONAL 100 Meters	Heat #1
02:08 p.m.	Men's 100 Meters	Heats #2-6
02:23 p.m.	Women's GOLD INVITATIONAL 800 Meters	Heat #1
02:27 p.m.	Women's 800 Meters	Heats #2-4
02:39 p.m.	Men's GOLD INVITATIONAL 800 Meters	Heat #1
02:43 p.m.	Men's 800 Meters	Heats #2-4
02:57 p.m.	Women's GOLD INVITATIONAL 400 Meter Hurdles	Heat #1
03:01 p.m.	Women's 400 Meter Hurdles	Heats #2-8
02:54 p.m.	Men's GOLD INVITATIONAL 400 Meter Int. Hurdles	Heat #1
03:36 p.m.	Men's 400 Meter Int. Hurdles	Heats #2-5
03:21 p.m.	Women's GOLD INVITATIONAL 200 Meters	Heat #1
04:03 p.m.	Women's 200 Meters	Heat #2-9
04:30 p.m.	Men's GOLD INVITATIONAL 200 Meters	Heat #1
04:33 p.m.	Men's 200 Meters	Heats #2-9
04:59 p.m.	Women's GOLD INVITATIONAL 4x400 Meter Relay	Heat #1
05:04 p.m.	Women's 4x400 Meter Relay	Heats #2-3
05:14 p.m.	Men's GOLD INVITATIONAL 4x400 Meter Relay	Heat #1

LONG BEACH STATE UNIVERSITY

# BEACH INVITATIONAL

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05:19 p.m.      Men's 4x400 Meter Relay

*Heats #2-3*