



## 2022 Loper Twilight Saturday, May 14

### Field Events – Throws

2:00 pm	Discus – Invite Women → Open Women → Invite Men → Open Men
2:00 pm	Hammer – Invite Men → Open Men → Invite Women → Open Women
3:00 pm	Javelin – Men → Women
~6:45 pm	Shot Put – Men (east ring, following men's disc)
~6:45 pm	Shot Put – Women (west ring, following women's hammer)

### Field Events - Jumps

3:00 pm	Long Jump – Women → Men
4:00 pm	Pole Vault – Women → Men
5:00 pm	High Jump – Women → Men
~6:00 pm	Triple Jump – Women → Men <i>Women's TJ to follow Men's LJ</i>

### Track Events (women followed by men, fast-to-slow heats)

5:00 pm	Women 4 x 100 Meter Relay (1 heat)
5:05 pm	Men 4 x 100 Meter Relay (1 heat)
5:20 pm	Women 100 Meter Hurdles (1 heat)
5:30 pm	Men 110 Meter Hurdles (2 heats)
5:40 pm	Women 400 Meter Dash (2 heats)
5:45 pm	Men 400 Meter Dash (3 heats)
6:00 pm	Women 100 Meter Dash (2 heats)
6:05 pm	Men 100 Meter Dash (3 heats)
6:25 pm	Women 400 Meter Hurdles (1 heat)
6:30 pm	Men 400 Meter Hurdles (1 heat)
6:40 pm	Women 200 Meter Dash (2 heats)
6:45 pm	Men 200 Meter Dash (2 heats)
7:00 pm	Women 800 Meter Run (1 heat)
7:05 pm	Men 800 Meter Run (2 heats)
7:20 pm	Women 3000 Meter Steeplechase (1 heat)
7:35 pm	Men 3000 Meter Steeplechase (1 heat)
7:50 pm	Women 5000 Meter Run (1 heat)
8:15 pm	Men 5000 Meter Run (1 heat)
8:35 pm	Women 1500 Meter Run (1 heat)
8:45 pm	Men 1500 Meter Run (1 heat)
8:55 pm	Women 4x400 Meter Relay (1 heat)
9:00 pm	Men 4x400 Meter Relay (1 heat)

Hosted by the  
University of Nebraska at Kearney