

NSU Open
December 3rd 2022

Tentative Schedule

Field Events

Time	Event	
11:00	Weight Throw – Men *Women to follow	Final
	Shot Put to follow Weight throw Men*Women	Final
	(Open High School Shot) *to follow college competition	
10:00	Pole Vault - Women - Men to follow	Final
	*(Open High School Vault * to follow college competition	
	Tentative warm-up 1:00 – 1:30 start time (girls/boys together)	
11:00	High Jump - Women * Men to follow	
	(Open High School HJ) 12:15 start time HS *to follow college competition	
11:00	Long Jump - Men *Women to follow	Final
	(Open High School LJ) 12:00 Start time HS *to follow college competition	
	Triple Jump to follow Long Jump – Men*Women	Final
	(Open High School TJ) 1:30 start time HS * to follow college competition	

Tentative Running Events – Won't run ahead of schedule!

12:30	Men's 55 Hurdles	Final
	Boy's 55 Hurdles	Final
12:40	Women's 55 Hurdles	Final
	Girl's 55 Hurdles	Final
12:50	Men's 55 Dash	Final
	Boys 55 Dash	Final
1:00	Women's 55 Dash	Final
	Girl's 55 Dash	Final
1:10	Little Wolves 55 Dash	Final
1:20	Men's 400	Final
	Boy's 400	Final
1:30	Women's 400	Final
1:40	Men's 800	Final
1:50	Women's 800	Final
2:00	Men's 200	Final
	Boy's 200	Final
2:10	Women's 200	Final
2:20	Boy's High School Mile	Final
2:30	Girls High School Mile	Final
2:40	Men's 4X400	Final
2:50	Women's 4X400	Final