

Red Raider Open - 2023

Friday, April 21 & Saturday, April 22

Friday

1:00	Decathlon - Day 1	
1:10	Heptathlon - Day 1	
2:00	Hammer	Women
	followed by men at approximately 5:00	
3:30	Javelin	Men
	followed by women at approximately 5:30	
3:30	Pole Vault	Women
	followed by men at approximately 5:30	
5:00	Shuttle Hurdle Relay	Women
5:15	Shuttle Hurdle Relay	Men
5:30	5000 Meter Run	Women
6:00	5000 Meter Run	Men
6:30	4x800 Meter Relay	Women
6:45	4x800 Meter Relay	Men
7:00	10,000 Meter Run	Women
7:45	10,000 Meter Run	Men

Heptathlon Day 1	
Friday	
1:10	100 M Hurdles
(1:45)	High Jump
(3:15)	Shot Put
(4:00)	200 Meters

Decathlon Day 1	
Friday	
1:00	100 Meters
(1:35)	Long Jump
(2:30)	Shot Put
(3:30)	High Jump
(5:00)	400 Meters

Saturday

9:00	Decathlon - Day 2	
9:00	Heptathlon - Day 2	
11:00	Shot	Women
	followed by men at approximately 1:00	
11:00	Discus	Men
	followed by women at approximately 1:00	
11:00	High Jump	Women
	followed by men at approximately 1:00	
11:00	Triple Jump	Women
	followed by men at approximately 1:00	
11:00	Long Jump	Men
	followed by women at approximately 1:00	
1:00	100 Meter Prelims	Women
1:10	100 Meter Prelims	Men
1:25	110 Meter Hurdle Prelims	Men
1:35	100 Meter Hurdle Prelims	Women
1:50	4x100 Meter Relay	Women
1:55	4x100 Meter Relay	Men
2:05	1500 Meter Run	Women
2:25	1500 Meter Run	Men
2:45	100 Meter Hurdle Finals	Women
2:50	110 Meter Hurdle Finals	Men
3:00	400 Meter Dash	Women
3:05	400 Meter Dash	Men
3:20	100 Meter Finals	Women
3:25	100 Meter Finals	Men
3:30	800 Meter Run	Women
3:45	800 Meter Run	Men
4:00	400 Meter Hurdles	Women
4:10	400 Meter Hurdles	Men
4:25	200 Meter Dash	Women
4:35	200 Meter Dash	Men
4:50	3000 Meter Steeple Chase	Women
5:05	3000 Meter Steeple Chase	Men
5:20	4 x 400 Relay	Women
5:30	4 x 400 Relay	Men

Heptathlon Day 2	
Saturday	
9:00	Long Jump
(10:00)	Javelin
(11:00)	800 Meters

Decathlon Day 2	
Saturday	
9:00	110 M Hurdles
(9:40)	Discus
(11:00)	Pole Vault
(1:00)	Javelin
(2:00)	1500 Meters

