



OSU PNW INVITATIONAL
Saturday, March 19, 2022
Final Schedule of Events

Field Events

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|-----------------|---|
| 10:00 AM | Hammer – W (1 Flight) – M (1 Flight) to Follow |
| 10:30 AM | Discus – M (1 Flight) – W (1 Flight) to Follow |
| 10:30 AM | Pole Vault – W – M to Follow – 1 Section Each |
| 11:30 AM | High Jump – W – M (1 Flight) to Follow |
| 11:30 AM | Long Jump – M (1 Flight) – W (1 Flight) |
| 1:45 PM | Javelin – W (2 Flights) – M (1 Flight) to Follow – throw into Hammer Field |
| 2:00 PM | Shot Put – M (2 Flights) – W (1 Flight) to Follow |
| 2:15 PM | Triple Jump – M (1 Flight) - W to Follow – 1 Section Each |

Track Events

| | |
|----------------|--|
| 1:00 PM | M Steeple |
| 1:15 PM | W Steeple |
| 1:35 PM | W 4 x 100m Relay – 1 Section |
| 1:40 PM | M 4 x 100m Relay – 1 Section |
| 1:50 PM | W 1500m – 2 Heats – Fast to Slow |
| 2:05 PM | M 1500m - 1 Heat – Fast to Slow |
| 2:20 PM | W 100m H – 2 Heats – Fast to Slow |
| 2:35 PM | M 110m H – 2 Heats – Fast to Slow |
| 2:55 PM | W 400m – 2 Heats – Fast to Slow |
| 3:05 PM | M 400m – 2 Heats – Fast to Slow |
| 3:20 PM | W 100m – 3 Heats – Fast to Slow |
| 3:35 PM | M 100m – 4 Heats – Fast to Slow |
| 3:55 PM | W 800m – 1 Heat |
| 4:00 PM | M 800m – 2 Heats – Fast to Slow |
| 4:20 PM | W 400m H – 1 Heat |
| 4:30 PM | M 400m H – 1 Heat |
| 4:45 PM | W 200m – 4 Heats – Fast to Slow |
| 5:00 PM | M 200m – 3 Heats – Fast to Slow |
| 5:15 PM | W 3000m – 1 Section |
| 5:30 PM | M 3000m – 1 Section |
| 5:45 PM | W 4 x 400m Relay – 1 Section |
| 5:55 PM | 4 x 400m Relay – 1 Section |