

PLU Open – March 10-11, 2023

FIELD EVENTS

Friday, March 10

11:30 – 12:30 PM IMPLEMENT CERTIFICATION IN THE SOUTH T&F SHED
1 PM WOMEN'S HAMMER followed by MEN'S HAMMER

Saturday, March 11

9:30-10:30 AM IMPLEMENT CERTIFICATION IN THE SOUTH T&F SHED

Throws

11:00 AM WOMEN'S DISCUS followed by MEN'S DISCUS
11:00 AM MEN'S JAVELIN followed by WOMEN'S JAVELIN
11:00 AM MEN'S SHOT PUT followed by WOMEN'S SHOT PUT

Jumps

10:30 AM MEN'S LONG JUMP followed by WOMEN'S LONG JUMP
~2:30 PM MEN'S TRIPLE JUMP followed by WOMEN'S TRIPLE JUMP

11:00 AM MEN'S POLE VAULT followed by WOMEN'S POLE VAULT
11:00 AM WOMEN'S HIGH JUMP followed by MEN'S HIGH JUMP

RUNNING EVENTS

We will NOT move ahead of schedule for running events. Fastest sections are run first.

11:00 AM WOMEN'S 3000 METER STEEPLECHASE
11:20 AM MEN'S 3000 METER STEEPLECHASE
11:40 AM WOMEN'S 4x100 METER RELAY
11:45 AM MEN'S 4x100 METER RELAY
11:50 AM WOMEN'S 1500 METERS
12:00 PM MEN'S 1500 METERS
12:20 PM WOMEN'S 100 METER HURDLES
12:30 PM MEN'S 110 METER HURDLES
12:45 PM WOMEN'S 400 METERS
12:50 PM MEN'S 400 METERS
1:05 PM WOMEN'S 100 METERS
1:15 PM MEN'S 100 METERS
1:35 PM WOMEN'S 800 METERS
1:45 PM TOM PFEIFLE MEMORIAL MEN'S 800 METERS
2:05 PM WOMEN'S 400 METER HURDLES
2:10 PM MEN'S 400 METER HURDLES
2:20 PM WOMEN'S 200 METERS
2:30 PM MEN'S 200 METERS
2:45 PM WOMEN'S 5000 METERS
3:10 PM MEN'S 5000 METERS
3:30 PM WOMEN'S 4x400 METER RELAY
3:40 PM MEN'S 4x400 METER RELAY