

# PLU Open – March 13th-14th, 2026

## \*Tentative Schedule 3/9/2026

### Friday, March 13

#### RUNNING EVENTS

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

10:00 AM	WOMEN'S 3000 METER STEEPLECHASE (4 entries - 1 heat)
10:20 AM	MEN'S 3000 METER STEEPLECHASE (4 entries - 1 heat)
10:40 AM	WOMEN'S 4x100 METER RELAY (2 teams - 1 heat)
10:45 AM	MEN'S 4x100 METER RELAY (2 teams - 1 heat)
10:50 AM	WOMEN'S 1500 METERS (26 entries - 2 heats)
11:05 AM	MEN'S 1500 METERS (27 entries - 2 heats)
11:25 AM	WOMEN'S 100 METER HURDLES (10 entries - 2 heats)
11:35 AM	MEN'S 110 METER HURDLES (5 entries - 1 heat)
11:45 AM	WOMEN'S 400 METERS (10 entries - 2 heats)
11:50 AM	MEN'S 400 METERS (14 entries - 2 heats)
12:05 PM	WOMEN'S 100 METERS (16 entries - 2 heats)
12:15 PM	MEN'S 100 METERS (39 entries - 5 heats)
12:35 PM	WOMEN'S 800 METERS (7 entries - 1 heat)
12:45 PM	MEN'S 800 METERS (22 entries - 2 heats)
1:05 PM	WOMEN'S 400 METER HURDLES (7 entries - 1 heat)
1:10 PM	MEN'S 400 METER HURDLES (7 entries - 1 heat)
1:20 PM	WOMEN'S 200 METERS (20 entries - 3 heats)
1:30 PM	MEN'S 200 METERS (41 entries - 5 heats)
1:45 PM	WOMEN'S 5000 METERS (14 entries - 1 heat)
2:10 PM	MEN'S 5000 METERS (30 entries - 1 heat)
2:30 PM	WOMEN'S 4x400 METER RELAY (4 teams - 1 heat)
2:40 PM	MEN'S 4x400 METER RELAY (7 teams - 1 heat)

#### FIELD EVENTS

10:30 - 11:30 AM IMPLEMENT CERTIFICATION IN THE SOUTH T&F SHED

#### Throws

12:00 PM WOMEN'S HAMMER (18 entries - 2 flights)  
~ followed by MEN'S HAMMER (15 entries - 1 flight)

#### Jumps

9:30 AM WOMEN'S LONG JUMP (9 entries - 1 flight)  
~ followed by MEN'S LONG JUMP (21 entries - 2 flights)

~1:00 PM WOMEN'S TRIPLE JUMP (7 entries - 1 flight)

11:00 AM ~ followed by MEN'S TRIPLE JUMP (16 entries - 1 flights)  
WOMEN'S POLE VAULT (5 entries - 1 flight)  
~ followed by MEN'S POLE VAULT (11 entries - 1 flight)  
11:00 AM MEN'S HIGH JUMP (6 entries - 1 flight)  
~ followed by WOMEN'S HIGH JUMP (6 entries - 1 flight)

## Saturday, March 14

### FIELD EVENTS

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

#### Throws

11:00 AM WOMEN'S DISCUS (13 entries - 1 flight)  
~ followed by MEN'S DISCUS (23 entries - 2 flights)  
11:00 AM WOMEN'S JAVELIN (9 entries - 1 flight)  
~ followed by MEN'S JAVELIN (15 entries - 1 flight)  
11:00 AM MEN'S SHOT PUT (22 entries - 2 flights)  
~ followed by WOMEN'S SHOT PUT (18 entries - 2 flights)