



LARRY ELLIS MEMORIAL INVITATIONAL APRIL 20, 2019

APRIL 20, 2019

SATURDAY

Larry Ellis Recognition	11:30am
4x100 Relay – Women	12:00pm
4x100 Relay – Men	12:10pm
1,500 – Women	12:20pm
1,500 – Men	12:45pm
100 M Hurdles – Women Prelims	1:10pm
110 M Hurdles – Men Prelims	1:25pm
400 M – Women	1:40pm
400 M – Men	2:00pm
100 M – Women	2:20pm
100 M – Men	2:40pm
110 M Hurdles- Men Final	3:00pm
100 M Hurdles- Women Final	3:05pm
800 M – Women	3:10pm
800 M – Men	3:30pm
400 M Hurdles – Women	4:00pm
400 M Hurdles – Men	4:20pm
200 M – Women	4:40pm
200 M – Men	5:00pm
3,000 M - Women	5:20pm
4x400 M Relay – Women	5:40pm
4x400 M Relay – Men	5:55pm
800m Elite – Women	6:15pm
800m Elite – Men	6:45pm
3,000m Steeplechase – Women	7:15pm
3,000m Steeplechase – Men	8:45pm
1,500m Elite – Women	8:15pm
Mike Brady 1,500m Elite – Men	8:45pm
5,000m Seeded – Women	9:15pm
5,000m Seeded– Men	9:50pm
10,000m – Men & Women	10:20pm

Final 200 Declarations

Final 4x400 Relay Declarations

FIELD EVENTS

Hammer Throw – Men	10:00am	West Windsor
Hammer Throw – Women	12:00pm	West Windsor
Shot Put – Men	12:00pm	
Men's Long Jump – Triple Jump to follow	1:00pm	
Women's Long Jump – Triple Jump to follow		
Women's Pole Vault – Men to follow		
Women's High Jump – Men to follow		
Javelin – Women		
Discus Throw – Men	2:15pm	West Windsor
Shot Put – Women	2:30pm	
Javelin – Men	3:00pm	
Discus Throw – Women	4:45pm	West Windsor