

RICHMOND'S FRED HARDY INVITATIONAL



FINAL SCHEDULE OF EVENTS

March 29-30, 2019

Richmond, VA

Friday, March 29

Track Events

5:00PM	400 Hurdles Women
5:15	400 Hurdles Men
5:25	3000 Steeplechase Women
5:40	3000 Steeplechase Men
5:55	INVITE 800M Women
6:00	1500M Women
6:35	1500M Men
7:05	5000 Meters Women
7:50	5000 Meters Men
8:30	10,000 Meters (Men & Women Combined)

Field Events

12:00PM	Hammer Men followed by Women
1:00	Shot Put Men followed by Women
3:00	Pole Vault Women followed by Men
3:00	Triple Jump Women followed by Men
4:00	High Jump Women
4:30	Men's Javelin

Saturday, March 30

Track Events

08:15AM	Collegiate Running Association - Track 20K
10:30	Spiders Kids Run (FREE-any children 12 & under)
11:00	100 Hurdles Final Women
11:15	110 Hurdles Final Men
11:25	100 Meters Final Women
11:50	100 Meters Final Men
12:05PM	800 Meters Women
12:35	800 Meters Men
01:00	400 Meters Women
01:15	400 Meters Men
01:30	4X100 Relay Women
01:40	4X100 Relay Men
01:45	4X800 Relay Women
01:55	4X800 Relay Men
02:10	200 Meters Women
02:35	200 Meters Men
02:55	3000 Meters Women
03:30	3000 Meters Men
03:55	4X400 Relay Women
04:10	4X400 Relay Men

Field Events

09:00AM	Discus Women followed by Men
10:00	Long Jump Women
10:15	High Jump Men
01:30	Women's Javelin
01:30	Men's Long Jump