

# 2022 CRIMSON TIDE INVITE

**FINAL (4/20/22)**

**PRESENTED BY BEYNON SPORTS**

**FRIDAY APRIL 22<sup>ND</sup> – SATURDAY APRIL 23<sup>RD</sup>, 2022**

**FRIDAY APRIL 22<sup>ND</sup>, 2022**

TIME	GENDER	FIELD EVENTS
02:00PM	WOMEN	HAMMER THROW (E. RING)
TO FOLLOW	MEN	HAMMER THROW (E. RING)
06:30PM	WOMEN	INVITE HAMMER THROW (E. RING) – TOP 16 COMPETITORS
08:30PM	WOMEN	TRIPLE JUMP (S. RUNWAY)
09:00PM	MEN	TRIPLE JUMP (N. RUNWAY)
TIME	GENDER	RUNNING EVENTS
08:00PM	WOMEN	1500M RUN
08:20PM	MEN	1500M RUN
08:45PM	WOMEN	3000M STEEPLECHASE
09:00PM	MEN	3000M STEEPLECHASE
09:15PM	WOMEN	5000M RUN (SEEDED)
09:35PM	MEN	5000M RUN (SEEDED)

**SATURDAY APRIL 23<sup>RD</sup>, 2022**

TIME	GENDER	FIELD EVENTS
09:00AM	WOMEN	DISCUS THROW (E. RING)
TO FOLLOW	MEN	DISCUS THROW (E. RING)
NOON	WOMEN	LONG JUMP (S. RUNWAY)
12:30PM	MEN	INVITE DISCUS THROW (E. RING) – TOP 16 COMPETITORS
02:00PM	MEN	LONG JUMP (N. RUNWAY)
02:30PM	WOMEN	JAVELIN (E. RUNWAY)
TO FOLLOW	MEN	JAVELIN THROW (E. RUNWAY)
02:50PM	WOMEN	HIGH JUMP (W. PIT)
TO FOLLOW	MEN	HIGH JUMP (W. PIT)
03:00PM	WOMEN	POLE VAULT (E. PIT)
03:05PM	MEN	POLE VAULT (C. PIT)
03:50PM	WOMEN	SHOT PUT (N. RING)
03:55PM	MEN	SHOT PUT (S. RING)
TIME	GENDER	RUNNING EVENTS
12:55PM		NATIONAL ANTHEM
01:00PM	WOMEN	4 x 100M RELAY
01:10PM	MEN	4x100M RELAY
01:25PM	WOMEN	100M HURDLES
01:40PM	MEN	110M HURDLES
02:00PM	WOMEN	400M DASH
02:25PM	MEN	400M DASH
02:45PM	WOMEN	100M DASH
03:05PM	MEN	100M DASH
03:25PM	WOMEN	800M RUN
03:45PM	MEN	800M RUN
04:10PM	WOMEN	400M HURDLES
04:20PM	MEN	400M HURDLES
04:45PM	WOMEN	200M DASH
05:05PM	MEN	200M DASH
05:25PM	WOMEN	5000M (UNSEEDED)
05:50PM	MEN	5000M (UNSEEDED)
06:10PM		SENIOR RECOGNITION
06:20PM	WOMEN	4 x 400M RELAY
06:30PM	MEN	4 x 400M RELAY