

**Samford University Open**  
**Saturday January 21<sup>st</sup>, 2023**  
**Birmingham Cross Plex**

Field Events:

10:00 am	Women's WT
11:30 am	Women's PV
	Women's LJ
	Men's LJ
1:30 pm	Men's WT
1:30 pm	Women's shot
2:00 pm	Men's HJ
3:00 pm	Men's PV
4:00 pm	Women's TJ
	Men's TJ
4:00 pm	Men's SP
4:30 pm	Women's HJ

Running Events:

11:00 am	Women's 5,000m
11:30 am	Men's 5,000m
12:00 am	Women's 60m trials
12:10 am	Men's 60m trials
12:25 am	Women's 60mH trials
12:45 pm	Men's 60mH trials
1:00 pm	Women's 60m final
1:05 pm	Men's 60m final
1:10 pm	Women's 60mH final
1:15 pm	Men's 60mH final

-----BREAK-----

1:25 pm	Women's Mile
1:50 pm	Men's Mile
2:05 pm	Women's 400m
2:35 pm	Men's 400m
2:55 pm	Women's 800m
3:10 pm	Men's 800m
3:25 pm	Women's 200m
4:00 pm	Men's 200m
4:25 pm	Women's 3000m
4:55 pm	Men's 3000m
5:10 pm	Women's 4x4
5:25 pm	Men's 4x4

