

# SFA Carl Kight Invitational

## April 2 – April 4, 2020

### FRIDAY EVENTS – Friday, April 3, 2020

#### Field Events:

4:00 PM – Javelin (Women/Men), Shot Put (Men/Women)

4:00 PM – Pole Vault (Women/Men)

4:00 PM – Long Jump (Women/Men)

**NOTE: All field event athletes check-in to event areas at least 45min prior to their event (Pole Vault 60-90min). Athletes will have a maximum of 30-45min for warm-up between men and women's events.**

#### Distance Carnival:

**6:30 PM – National Anthem**

6:35 PM – 1500m – Women

7:00 PM – 1500m – Men

7:20 PM – 3000m Steeple – Women

7:40 PM – 3000m Steeple - Men

8:00 PM – 5000m – Women

8:50 PM – 5000m – Men

**NOTE: Check-In will take place on the infield at the white tent on the South End Zone. Please have your athletes check-in at least 15min prior to the start of their race. We will not run ahead of schedule.**

### SATURDAY EVENTS – Saturday, April 4, 2020

#### Field Events:

9:00 AM – Women's Hammer (Men to Follow)

– Women's Discus to follow Men's Hammer (Men's Discus to Follow)

10:00 AM – Women's Triple Jump (Men to Follow)

1:00 PM – Men's High Jump (Women to Follow)

**NOTE: All field event athletes check-in to event areas at least 45min prior to their event (Pole Vault 60-90min). Athletes will have a maximum of 30-45min for warm-up between men and women's events.**

#### Running Events:

**1:20 PM**                      **National Anthem**

1:30 PM                      4 x 100m Relay              Women/Men

1:45 PM                      100 Hurdles                  Women

1:55 PM                      110 Hurdles                  Men

2:10 PM                      400m                              Women/Men

2:45 PM                      100m                              Women/Men

3:15 PM                      800m                              Women/Men

3:40 PM                      400 Hurdles                  Women/Men

4:00 PM                      200m                              Women/Men

**\*\*\*SFA Senior Recognition**

5:00 PM                      4 x 400m                      Women/Men

**NOTE: Check-In will take place on the infield at the white tent on the South End Zone. Please have your athletes check in at least 15min prior to the start of their race. We will not run ahead of schedule.**