

Tulsa Duels

Tentative Schedule of events

Friday, March 16th

Field Events:

Start Time

1:00pm

Follows Women's Hammer

Event

Women's Hammer (East Central High School)

Men's Hammer (East Central High School)

6:30pm

Follows Women's Pole Vault

Women's Pole Vault

Men's Pole Vault

7:00pm

Follows Women's Javelin

Women's Javelin - (Warmups at 6:30pm)

Men's Javelin

Saturday, March 17th

Field Events:

Start Time

10:00 a.m.

Follows Women's Long Jump

Follows Men's Long Jump

Follows Women's Triple Jump

Event

Women's Long Jump

Men's Long Jump

Women's triple Jump

Men's Triple Jump

9:30 a.m.

Follows Women's Discus

Follows Men's Discus

Follows Women's Shot

Women's Discus

Men's Discus

Women's Shot Put

Men's Shot put

11:00 a.m.

Follows Women's High Jump

Women's High Jump

Men's High Jump

Running Events:

1:00 p.m. Women's 2000m Steeplechase

1:10 p.m. Men's 2000m Steeplechase

1:20 p.m. Women's 4x100 Relay

1:25 p.m. Men's 4x100 Relay

1:30 p.m. Women's 1500m

1:45 p.m. Men's 1500m

1:55 p.m. Women's 100m Hurdles

2:05 p.m. Men's 110m Hurdles

2:15 p.m. Women's 400m

2:23 p.m. Men's 400m

2:35 p.m. Women's 100m

2:50 p.m. Men's 100m

2:58 p.m. Women's 800m

3:10 p.m. Men's 800m

3:25 p.m. Women's 400m Hurdles

3:37 p.m. Men's 400m Hurdles

3:50 p.m. Women's 200m

4:05 p.m. Men's 200m

4:20 p.m. Women's 3000m

4:35 p.m. Men's 3000m

4:47 p.m. Women's 4x400 Relay

4:55 p.m. Men's 4x400 Relay