UAB Vulcan Invite
Meet Schedule
Saturday January 15th 2022
Final: 1/12/2022

Running Events
9:55a – National Anthem
10:00a – 60m Heats vs. Time (Women then Men)
-Women 60m hurdle Heats vs. Time
-Men 60m Hurdle Prelims
11:00a - Mile
11:30p - 400m
1:30p – 60m Hurdle Final-Men only
2:00p – 800m
2:30p – 200m
3:30p – 3000m
4:30p – 4x400m Relay
5000m To follow relays

*****All running events Women then Men***

Throwing Events **Shot Put only, using both rings**
9:00a-In Weight Throw Cage
Men's Shot Put
9:00a-In West SP Ring
Women's Shot Put
12:00p
Women's Weight Throw
2:00p
Men's Weight Throw

Field Events
10:00a
Men's Long Jump
Women's Long Jump
Women's Pole Vault

11:30a
Men's High Jump

2:00p
Men's Triple Jump
Women's Triple Jump
Men's Pole Vault
2:30p
Women's High Jump