

2019 Charlotte Invitational

Irwin Belk Track & Field Center

FINAL SCHEDULE

Friday, April 12th, 2019

Field Events

3:00 p.m.	Hammer	Women
3:30 p.m.	Javelin	Men
5:00 p.m.	Hammer	Men
5:15 p.m.	Javelin	Women

Running Events

7:15 p.m.	1500m Invite 2 heats	Women
7:30 p.m.	1500m Invite 2 heats	Men
7:45 p.m.	800m Invite 1 heat	Women
7:55 p.m.	800m Invite 1 heat	Men
8:05 p.m.	3000m Steeplechase	Women
8:20 p.m.	3000m Steeplechase	Men

Opening heights

Women's HJ	1.49m (4'10.5) 5cm increments to 1.74m then 3cm
Women's PV	2.70m (8'10.25), 20cm increments to 3.10m 15cm increments to 4.00m then 10cm
Men's HJ	1.78m (5'10) 5cm increments to 2.08m then 3cm
Men's PV	3.40m (11'1.75) 20cm increments to 4.20m 15cm to 5.10m then 10cm

Weigh In

By 1 hour prior to start of each respective throwing event at the equipment room at the north end of the mid-level stands (Note: Weigh hammers before exiting stadium for cage to warm up).

Saturday, April 13th, 2019

Field Events

11:00 a.m.	High Jump	Women
11:00 a.m.	Shot Put	Men
11:00 a.m.	Long Jump	Women
12:45 p.m.	Shot Put	Women
1:00 p.m.	Pole Vault	Women
1:00 p.m.	Long Jump	Men
1:00 p.m.	High Jump	Men
1:00 p.m.	Discus	Men
3:00 p.m.	Triple Jump	Women
	Men to follow Women	
3:30 p.m.	Pole Vault	Men
3:30 p.m.	Discus	Women

Running Events

Noon	4x100m Relay	Men
12:05 p.m.	4x100m Relay	Women
12:15 p.m.	Seniors Recognition	-
12:45 p.m.	1500m Run	Men
1:00 p.m.	1500m Run	Women
1:25 p.m.	110m Hurdles	Men
1:40 p.m.	100m Hurdles	Women
1:55 p.m.	400m Dash	Men
2:05 p.m.	400m Dash	Women
2:25 p.m.	100m Dash	Men
2:40 p.m.	100m Dash	Women
3:00 p.m.	800m Run	Men
3:15 p.m.	800m Run	Women
3:35 p.m.	400m Hurdles	Men
3:50 p.m.	400m Hurdles	Women
4:05 p.m.	200m Dash	Men
4:20 p.m.	200m Dash	Women
4:35 p.m.	5000m Run	Men
4:55 p.m.	5000m Run	Women
5:20 p.m.	4x400m Relay	Men
5:30 p.m.	4x400m Relay	Women