

University of Northern Colorado Tom Benich Invitational
Outdoor Track & Field Meet
Nottingham Field - Greeley, Colorado
Sunday, March 31, 2019

Schedule of Events

Field Events		Running Events	
<u>Time</u>	<u>Event</u>	<u>Time</u>	<u>Event</u>
10:00am	Men's Javelin *Women's Javelin to follow	11:00a	Men's & Women's 10,000m
10:00am	Men's Hammer *Women's Hammer to follow Men's Discus (30 min after W Hammer) *Women's Discus to follow	11:50am	National Anthem
10:30am	Men's Long Jump Men's Pole Vault *Women's Pole Vault to follow	12:00pm	Women's 3000m Steeple
12:00pm	Men's Shot Put *Women's Shot Put to follow	12:15pm	Men's 3000m Steeple
12:00pm	Women's Long Jump	12:30pm	Women's 4x100m Relay
1:30pm	Men's Triple Jump	12:35pm	Men's 4x100m Relay
2:00pm	Women's High Jump *Men's High Jump to follow	12:40pm	Women's 1500m
3:00pm	Women's Triple Jump	12:50pm	Men's 1500m
		1:05pm	UNC Track & Field Seniors Recognition
		1:20pm	Women's 100m Hurdles
		1:35pm	Men's 110m Hurdles
		1:50pm	Women's 400m
		2:00pm	Men's 400m
		2:15pm	Women's 100m
		2:25pm	Men's 100m
		2:40pm	Women's 800m
		2:50pm	Men's 800m
		3:00pm	Women's 400m Hurdles
		3:10pm	Men's 400m Hurdles
		3:20pm	Women's 200m
		3:30pm	Men's 200m
		3:40pm	Women's 5000m
		4:00pm	Men's 5000m
		4:20pm	Women's 4x400m Relay
		4:30pm	Men's 4x400m Relay

Note:

Meet will run as scheduled and may go up to 10 min ahead.