

OREGON PREVIEW

MARCH 22-23, 2024 | HAYWARD FIELD

FINAL Schedule of Events

Friday Running Events

Time	Event	Gender	Heats
6:50 pm	5,000m	Women	1
7:10 pm	5,000m	Men	1
7:31 pm	3,000m Steeplechase	Women	1
7:45 pm	3,000m Steeplechase	Men	1

Friday Field Events

Time	Event	Gender	Flights	Location
12:35 pm	National Anthem			
12:45 pm	Hammer	Men	1	Hammer Field
2:00 pm	Javelin	Women	1	Infield
2:30 pm	High Jump	Men	1	East Apron
3:15 pm	Hammer	Women	1	Hammer Field
5:15 pm	Javelin	Men	1	Infield
5:35 pm	High Jump	Women	1	East Apron

Saturday Running Events

Time	Event	Gender	Heats	Heat Order
2:30 pm	100m Hurdles	Women	2	Fast to Slow
2:42 pm	110m Hurdles	Men	2	Fast to Slow
2:54 pm	400m	Women	3	Fast to Slow
3:12 pm	400m	Men	3	Fast to Slow
3:33 pm	100m	Women	3	Fast to Slow
3:48 pm	100m	Men	4	Fast to Slow
4:08 pm	400m Hurdles	Women	2	Fast to Slow
4:20 pm	400m Hurdles	Men	1	
4:29 pm	1500m	Men	3	Fast to Slow
4:50 pm	1500m	Women	3	Fast to Slow
5:11 pm	200m	Women	3	Fast to Slow
5:26 pm	200m	Men	4	Fast to Slow
5:46 pm	800m	Women	3	Fast to Slow
6:01 pm	800m	Men	3	Fast to Slow
6:16 pm	4x400m	Women	1	
6:24 pm	4x400m	Men	1	

Saturday Field Events

Time	Event	Gender	Flights	Location
11:50 am	National Anthem			
12:00 pm	Pole Vault	Women	1	East Runway
1:00 pm	Discus	Women	1	Infield
1:30 pm	Long Jump	Men	1	West Runway
2:00 pm	Shot Put	Men	1	West Ring
3:45 pm	Pole Vault	Men	1	East Runway
4:00 pm	Shot Put	Women	1	West Ring
4:15 pm	Discus	Men	1	Infield
4:30 pm	Long Jump	Women	1	West Runway

Starting Heights - Vertical Events

High Jump Men	1.90m - 1.95m - 2.00m - 2.05m - 2.10m - 2.13m... +3cm
High Jump Women	1.60m - 1.65m - 1.70m - 1.75m - 1.78m... +3cm
Pole Vault Men	4.35m - 4.50m - 4.65m - 4.80m - 4.95m - 5.05m... +10cm
Pole Vault Women	3.30m - 3.45m - 3.60m - 3.75m - 3.85m... +10cm

