



COUGAR CLASSIC INVITATIONAL

TENTATIVE SCHEDULE

Friday January 13, 2023

FIELD EVENTS

Start Event

9:00 AM	Men's High Jump (2 pits)
9:00 AM	Women's Weight Throw
10:00 AM	Women's Long Jump
10:00 AM	Women's Pole Vault (1 pit)
11:00 AM	Men's Long Jump
~11:30 AM	Men's Weight Throw (to follow Women's Weight)
1:30 PM	Women's Triple Jump
1:30 PM	Men's Pole Vault (1 pit)
2:00 PM	Men's Triple Jump
2:00 PM	Women's High Jump (1 pit)
~2:00 PM	Women's Shot Put (to follow Men's Weight)
~2:00 PM	Men's Shot Put (to follow Men's Weight)

RUNNING EVENTS

11:00 AM	Women's 60m Hurdles, Prelim
11:20 AM	Men's 60m Hurdles, Prelim
11:35 AM	Women's 60 Meters, Prelim
11:45 AM	Men's 60 Meters Prelim
12:05 PM	Women's 60m Hurdles, FINAL
12:15 PM	Men's 60m Hurdles, FINAL
12:25 PM	Women's 60 Meters, FINAL
12:30 PM	Men's 60 Meters FINAL
12:35 PM	Women's Mile
12:50 PM	Men's Mile
1:05 PM	Women's 400 Meters
1:20 PM	Men's 400 Meters
1:35 PM	Women's 800 Meters
1:45 PM	Men's 800 Meters
1:55 PM	Women's 200 Meters
2:15 PM	Men's 200 Meters
2:35 PM	Women's 3000 Meters
2:50 PM	Men's 3000 Meters
3:05 PM	Women's 4x400-Meter Relay
3:15 PM	Men's 4x400 Meter Relay

***Per NCAA rule, heats will be run slow to fast, except for the 200 and 400 will be fast to slow**