



2023 Ken Shannon Last Chance Invitational | FINAL SCHEDULE

Friday, February 24, 2023

FIELD EVENTS

Start	Event
12:00 p.m.	Women's Pole Vault (1 Flight)
12:00 p.m.	Men's Weight Throw (1 Flight)
3:30 p.m.	Men's Pole Vault (1 Flight)
5:30 p.m.	Women's Triple Jump (1 Flight)
5:30 p.m.	Men's Triple Jump (1 Flight)
5:30 p.m.	Women's Weight Throw (1 Flight)

RUNNING EVENTS

Start	Event
4:15 p.m.	Women's 60m Hurdles Prelim (5 Heats) *top 8 fastest times will advance to a 2-heat final*
4:30 p.m.	Men's 60m Hurdles Prelim (3 Heats) *top 8 fastest times will advance to a 2-heat final*
4:45 p.m.	Women's Invite 3k (Heat 3- fastest heat)
-----	Break for Pent 800m-----
5:10 p.m.	Women's 5000m Meter Run (1 Heat)
5:30 p.m.	Men's 5000m Meter Run (2 Heats)
6:05 p.m.	Women's 60m Hurdles Final (2 Heats)
6:15 p.m.	Men's 60m Hurdles Final (2 Heats)
6:30 p.m.	Women's 200m Dash (7 Heats)
6:55 p.m.	Men's 200m Dash (7 Heats)
7:20 p.m.	Women's Distance Medley Relay (1 Heat)
7:40 p.m.	Men's Distance Medley Relay (1 Heat)

*All heats will be run SLOW to FAST, except the 200 and 400, which will be FAST to SLOW

Heptathlon Schedule:

12:00pm Hep 60 Dash
12:40pm Hep Long Jump
2:00pm Hep Shot Put
3:00pm Hep High Jump

Pentathlon Schedule:

12:30pm Pent 60H
1:15pm Pent High Jump
3:00pm Pent Shot Put
4:00pm Pent Long Jump
5:00pm Pent 800m



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Saturday, February 25, 2023

FIELD EVENTS

Start	Event
10:00 a.m.	Women's High Jump (1 Flight)
10:00 a.m.	Women's Shot Put (2 Flights)
11:00 a.m.	Women's Long Jump (2 Flights)
12:00 p.m.	Men's Long Jump (1 Flight)
1:00 p.m.	Men's High Jump (1 Flight)
1:00 p.m.	Men's Shot Put (1 Flight)

RUNNING EVENTS

Start	Event
11:00 a.m.	Women's 60 Meter Dash (7 Heats) <i>*top 8 fastest times will advance to a 2-heat final*</i>
11:15 a.m.	Men's 60 Meter Dash (7 Heats) <i>*top 8 fastest times will advance to a 2-heat final*</i>
11:30 a.m.	Women's 1 Mile Run (4 Heats)
11:55 a.m.	Men's 1 Mile Run (3 Heats)
12:15 p.m.	Women's 400 Meter Dash (7 Heats)
12:40 p.m.	Men's 400 Meter Dash (10 Heats)
1:10 p.m.	Women's 60 Meter Dash Final (2 Heats)
1:20 p.m.	Men's 60 Meter Dash Final (2 Heats)
1:30 p.m.	Women's 800 Meter Run (6 Heats)
1:55 p.m.	Men's 800 Meter Run (3 Heats)
-----Break for Men's Heptathlon-----	
2:20 p.m.	Women's 3000 Meter Run (2 Heats)
2:45 p.m.	Men's 3000 Meter Run (2 Heats)
3:00 p.m.	Women's 4x400 Meter Relay (2 Heats)
3:15 p.m.	Men's 4x400 Meter Relay (2 Heats)

**All heats will be run SLOW to FAST, except the 200 and 400, which will be FAST to SLOW*

Heptathlon Schedule:

10:30am Hep Men's 60 Hurdles

~11:10am Hep Men's Pole Vault

~2:10pm Hep Men's 1000 Meter Run