

Jack Rose Track • Long Beach State University

Friday, March 1, 2024

(Final Schedule as of February 28, 2024)

COMBINED UNIVERSITY/OPEN/COMMUNITY COLLEGE THROWING EVENTS TIME SCHEDULE

Time	Event	Location	Flights
11:00 a.m.	Men's Hammer Throw	North Ring-Outfield	Flights 1-2
11:00 a.m.	Women's Javelin	North Runway	Flights 1-2
02:00 p.m.	Men's Javelin	South Runway	Flights 1-2
02:30 p.m.	Women's Hammer	North Ring-Outfield	Flights 1-3



Jack Rose Track • Long Beach State University

Saturday, March 2, 2024

(Final Schedule as of February 28, 2024)

<u>UNIVERSITY /</u>	OPEN / COMMUNITY COLLEGE THROWING	EVENTS TIME SCHEDULE	
Time	Event	Location	Flights
10:00 a.m.	Women's Discus	Infield	Flights 1-3
10:00 a.m.	Men's Shot Put	West Ring	Flights 1-3
12:30 p.m.	Women's Shot Put	West Ring	Flights 1-3
12:30 p.m.	Men's Discus	Infield	Flights 1-3
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LINIVERSITY /	OPEN / ELITE COMMUNITY COLLEGE JUMPI	NG EVENTS TIME SCHEDIII E	
Time	Event	Location	Flights
10:00 a.m.	Men's Pole Vault	West Runway	Flight 1
10:00 a.m.	Women's Pole Vault	East Runway	Flight 1
10:00 a.m.	Women's Long Jump	East Runway	Flights 1-3
10:00 a.m.	Men's Long Jump	West Runway	Flights 1-3
10:30 p.m.	Women's High Jump	West Pit	Flight 1
10:30 p.m.	Women's High Jump	East Pit	Flight 2
11:00 a.m.	Women's Pole Vault	East Runway	Flight 1
12:30 p.m.	Men's High Jump	West Pit	Flight 1
12:30 p.m.	Men's High Jump	East Pit	Flight 2
12:30 p.m.	Men's Pole Vault	West Runway	Flight 1
01:30 p.m.	Women's Triple Jump	East Runway	Flights 1-2
01:30 p.m.	Men's Triple Jump	West Runway	Flights 1-2
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UNIVERSITY /	OPEN / ELITE COMMUNITY COLLEGE TRACK		
	OF ENT LETTE COMMISSIONEL COLLEGE TRACK	EVENTS TIME SCHEDULE	
Start	Event	EVENTS TIME SCHEDULE	 Heats
Start 09:35 a.m.		EVENTS TIME SCHEDULE	Heats 1 heat
	Event	EVENTS TIME SCHEDULE	
09:35 a.m.	Event Men's 5,000 Meters	EVENTS TIME SCHEDULE	
09:35 a.m. 09:55 a.m.	Event Men's 5,000 Meters NATIONAL ANTHEM	EVENTS TIME SCHEDULE	1 heat
09:35 a.m. 09:55 a.m. 10:00 a.m.	Event Men's 5,000 Meters NATIONAL ANTHEM Women's 3,000 Meter Steeple Chase	EVENTS TIME SCHEDULE	1 heat 1 heat
09:35 a.m. 09:55 a.m. 10:00 a.m. 10:20 a.m.	Event Men's 5,000 Meters NATIONAL ANTHEM Women's 3,000 Meter Steeple Chase Men's 3,000 Meter Steeple Chase	EVENTS TIME SCHEDULE	1 heat 1 heat 1 heat
09:35 a.m. 09:55 a.m. 10:00 a.m. 10:20 a.m. 10:40 a.m.	Event Men's 5,000 Meters NATIONAL ANTHEM Women's 3,000 Meter Steeple Chase Men's 3,000 Meter Steeple Chase Women's 4x100 Meter Relay	EVENTS TIME SCHEDULE	1 heat 1 heat 1 heat 2 heats
09:35 a.m. 09:55 a.m. 10:00 a.m. 10:20 a.m. 10:40 a.m. 10:50 a.m.	Event Men's 5,000 Meters NATIONAL ANTHEM Women's 3,000 Meter Steeple Chase Men's 3,000 Meter Steeple Chase Women's 4x100 Meter Relay Men's 4x100 Meter Relay	EVENTS TIME SCHEDULE	1 heat 1 heat 1 heat 2 heats 2 heats
09:35 a.m. 09:55 a.m. 10:00 a.m. 10:20 a.m. 10:40 a.m. 10:50 a.m.	Event Men's 5,000 Meters NATIONAL ANTHEM Women's 3,000 Meter Steeple Chase Men's 3,000 Meter Steeple Chase Women's 4x100 Meter Relay Men's 4x100 Meter Relay Women's 1500 Meters	EVENTS TIME SCHEDULE	1 heat 1 heat 1 heat 2 heats 2 heats 3 heats
09:35 a.m. 09:55 a.m. 10:00 a.m. 10:20 a.m. 10:40 a.m. 10:50 a.m. 11:00 a.m.	Event Men's 5,000 Meters NATIONAL ANTHEM Women's 3,000 Meter Steeple Chase Men's 3,000 Meter Steeple Chase Women's 4x100 Meter Relay Men's 4x100 Meter Relay Women's 1500 Meters Men's 1500 Meters	EVENTS TIME SCHEDULE	1 heat 1 heat 1 heat 2 heats 2 heats 3 heats 4 heats
09:35 a.m. 09:55 a.m. 10:00 a.m. 10:20 a.m. 10:40 a.m. 10:50 a.m. 11:00 a.m. 11:25 a.m.	Event Men's 5,000 Meters NATIONAL ANTHEM Women's 3,000 Meter Steeple Chase Men's 3,000 Meter Steeple Chase Women's 4x100 Meter Relay Men's 4x100 Meter Relay Women's 1500 Meters Men's 1500 Meters Women's 100 Meter Hurdles	EVENTS TIME SCHEDULE	1 heat 1 heat 2 heats 2 heats 3 heats 4 heats 4 heats
09:35 a.m. 09:55 a.m. 10:00 a.m. 10:20 a.m. 10:40 a.m. 11:00 a.m. 11:25 a.m. 11:55 a.m.	Event Men's 5,000 Meters NATIONAL ANTHEM Women's 3,000 Meter Steeple Chase Men's 3,000 Meter Steeple Chase Women's 4x100 Meter Relay Men's 4x100 Meter Relay Women's 1500 Meters Men's 1500 Meters Women's 100 Meter Hurdles Men's 110 Meter Hurdles	EVENTS TIME SCHEDULE	1 heat 1 heat 1 heat 2 heats 2 heats 3 heats 4 heats 4 heats 3 heats
09:35 a.m. 09:55 a.m. 10:00 a.m. 10:20 a.m. 10:50 a.m. 11:00 a.m. 11:25 a.m. 11:55 a.m. 12:15 p.m. 12:30 p.m.	Event Men's 5,000 Meters NATIONAL ANTHEM Women's 3,000 Meter Steeple Chase Men's 3,000 Meter Steeple Chase Women's 4x100 Meter Relay Men's 4x100 Meter Relay Women's 1500 Meters Men's 1500 Meters Women's 100 Meter Hurdles Women's 400 Meters	EVENTS TIME SCHEDULE	1 heat 1 heat 1 heat 2 heats 2 heats 3 heats 4 heats 4 heats 3 heats 3 heats
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