



**Heat Sheets Available
at ArmoryTrack.Live**

FRIDAY TRACK EVENTS

<u>Time</u>	<u>Gender</u>	<u>Event</u>	<u>Division</u>	<u>Round</u>	<u>Details</u>	<u># Sections/Heats</u>
9:20 AM	W	3000m	Open	Sections	Fastest Section Last	3
9:56 AM	M	3000m	Open	Sections	Fastest Section Last	2
10:16 AM	W	800m	Open	Sections	Fastest Section Last	4
10:30 AM	M	800m	Open	Sections	Fastest Section Last	6
10:55 AM	W	60m Dash	Invitational	Trials	Heat Winners + 4 Fastest**	4
11:07 AM	M	60m Dash	Invitational	Trials	Heat Winners + 4 Fastest**	4
11:19 AM			<i>Hurdles Setup/Warmup</i>			
11:29 AM	W	60m Hurdles	Invitational	Trials	Heat Winners + 4 Fastest**	4
11:41 AM			<i>Hurdles Setup/Warmup</i>			
11:51 AM	M	60m Hurdles	Invitational	Trials	Heat Winners + 4 Fastest**	4
** = ONLY COLLEGE ATHLETES ARE ELIGIBLE FOR FINALS						
<i>Infield and 400m - Alternating Heats</i>						
12:03 PM	M	60m Hurdles	Open	Final on Time	Fastest First	5
12:18 PM			<i>Hurdles Setup/Warmup</i>			
12:23 PM	W	60m Hurdles	Open	Final on Time	Fastest First	5
12:38 PM	W	60m Dash	Open	Final on Time	Fastest First	6
12:56 PM	M	60m Dash	Open	Final on Time	Fastest First	6
12:05 PM	W	400m	Open	Sections	Fastest First	12
12:41 PM	W	400m	Seeded	Sections	Fastest First	8
12:56 PM	M	400m	Open	Sections	Fastest First	11
1:14 PM	M	400m	Seeded	Sections	Fastest First	11
1:35 PM	W	400m	Invitational	Finals	Fastest First	4
1:47 PM	M	400m	Invitational	Finals	Fastest First	4
1:59 PM	W	60m Hurdles	Invitational	Finals	Heat Winners + 4 Fastest	1
2:04 PM	M	60m Hurdles	Invitational	Finals	Heat Winners + 4 Fastest	1
2:09 PM	W	60m Dash	Invitational	Finals	Heat Winners + 4 Fastest	1
2:14 PM	M	60m Dash	Invitational	Finals	Heat Winners + 4 Fastest	1
2:19 PM	W	800m	Invitational	Sections	Fastest First	5
2:36 PM	M	800m	Invitational	Sections	Fastest First	5
2:51 PM	W	3000m	Invitational	Finals	Fastest First	3
3:27 PM	M	3000m	Invitational	Finals	Fastest First	3
4:03 PM	W	DMR	Open	Finals	Top 12 Teams	1
4:17 PM	M	DMR	Open	Finals	Top 12 Teams	1
4:29 PM	<i>Done</i>					

Please note there are new NCAA rules for seeding the 200m & 400m

FRIDAY FIELD EVENTS

Flights

11:00 AM	W	Triple Jump	Open	Final	Top 8 to Final	2
11:00 AM	M	Triple Jump	Open	Final	Top 8 to Final	1
2:00 PM	W	Triple Jump	Invitational	Final	Top 8 to Final	2
2:00 PM	M	Triple Jump	Invitational	Final	Top 8 to Final	2
10:00 AM	M	Pole Vault	Open	Final		1
2:00 PM	M	Pole Vault	Invitational	Final		1
10:00 AM	W	Weight Throw	Open	Final	Top 8 to Final	2
12:30 PM	M	Weight Throw	Open	Final	Top 8 to Final	2
3:00 PM	W	Weight Throw	Invitational	Final	6 Straight Throws	1
4:30 PM	M	Weight Throw	Invitational	Final	6 Straight Throws	1

SATURDAY TRACK EVENTS

9:20 AM	W	Mile	Open	Sections	Fastest Section Last	4
9:44 AM	M	Mile	Open	Sections	Fastest Section Last	6
10:17 AM	W	200m	Open	Sections	25.30 & Above	14
10:59 AM	M	200m	Open	Sections	21.99 & Above	16
11:47 AM	W	200m	Seeded	Sections	23.71-25.29	10
12:17 PM	M	200m	Seeded	Sections	20.38-21.97	10

12:50 PM OPENING CEREMONIES

1:05 PM	M	USA 800m	Pro/Elite	Final	<i>By Invitation</i>	1
1:13 PM	W	200m	Invitational	Final	12 Fastest Entries	3
1:25 PM	W	USA 800m	Pro/Elite	Final	<i>By Invitation</i>	1
1:31 PM	M	200m	Invitational	Final	12 Fastest Entries	3
1:43 PM	B	400m Dash	HS Invitational	Final	<i>By Invitation</i>	1
1:48 PM	G	1000m	HS Invitational	Final	<i>By Invitation</i>	1
1:52 PM	W	Mile	Invitational	Final	Section 1 Only	1
1:59 PM	B	1000m	HS Invitational	Final	<i>By Invitation</i>	1
2:05 PM	M	Mile	Invitational	Final	Section 1 Only	1
2:12 PM	W	4x400m	Invitational	Final	5 Fastest Entries	1
2:18 PM	M	4x400m	Invitational	Final	5 Fastest Entries	1
2:24 PM	W	USA Mile	Pro/Elite	Final	<i>By Invitation</i>	1
2:34 PM	M	USA Mile	Pro/Elite	Final	<i>By Invitation</i>	1

2:47 PM	W	4x400	Open	Final	Fastest First	3
3:02 PM	M	4x400	Open	Final	Fastest First	3
3:17 PM	W	Mile	Invitational	Final	Sections 2 & 3	2
3:29 PM	M	Mile	Invitational	Final	Sections 2 & 3	2
3:41 PM	W	5000m	Invitational	Final		1
4:01 PM	M	5000m	Invitational	Final		1

SATURDAY FIELD EVENT SCHEDULE

9:30 AM	W	Long Jump	Open	Final	Top 8 to Final	3
9:30 AM	M	Long Jump	Open	Final	Top 8 to Final	3
2:00 PM	W	Long Jump	Invitational	Final	Top 8 to Final	2
2:00 PM	M	Long Jump	Invitational	Final	Top 8 to Final	2
10:00 AM	W	Pole Vault	Open	Final		1
2:00 PM	W	Pole Vault	Invitational	Final		1
10:00 AM	M	High Jump	Invitational	Final		1
10:00 AM	W	High Jump	Invitational	Final		1
9:30 AM	W	Shot Put	Open	Final	Top 8 to Final	2
12:00 PM	M	Shot Put	Open	Final	Top 8 to Final	2
2:30 PM	W	Shot Put	Invitational	Final	6 Straight Throws	1
4:00 PM	M	Shot Put	Invitational	Final	6 Straight Throws	1

DIVISIONS

Open	All Comers w/ Standards	Open to collegiates and post-collegiates
Seeded	The Faster 200m / 400m Athletes	Open to collegiates and post-collegiates
Invitational	Top Entries	Open to collegiates and post-collegiates
Pro/Elite	By Invitation Only	Plus fastest invitational athletes