

Jim Thorpe Outdoor Open || Nittany Lion Track

Friday || May 3rd, 2019



Tentative Time Schedule

THROWING EVENTS - **Start Time 1:30 PM || Rolling Time Schedule**

- 1:30 PM Men Javelin Throw
 Women Javelin Throw (To Follow M Jav)
 Men Shot Put (To Follow W Jav)
 Women Shot Put (To Follow M SP)
- 1:30 PM Women Hammer Throw
 Men Hammer Throw (To Follow W HT)
 Women Discus Throw (To Follow M HT)
 Men Discus Throw (To Follow W DT)

JUMPING EVENTS - **Start Time 2:00 PM || Rolling Time Schedule - Horizontals will run together**

- 2:00 PM Men & Women Long Jump
 Men & Women Triple Jump (To Follow M&W LJ)
- 2:00 PM Women Pole Vault
 Men Pole Vault (Follows W PV)
 Women High Jump (Follows M PV)
 Men High Jump (Follow W HJ)

RUNNING EVENTS (All Events are FINALS)

- 3:30 PM Men 4x100 Meter Relay
- 3:35 PM Men 1500 Meter Run
- 3:45 PM Women 1500 Meter Run
- 3:55 PM Men 110 Meter Hurdles
- 4:00 PM Women 100 Meter Hurdles
- 4:05 PM Men 100 Meter Dash
- 4:10 PM Women 100 Meter Dash
- 4:15 PM Men 400 Meter Dash
- 4:20 PM Women 400 Meter Dash
- 4:25 PM Men 800 Meter Run
- 4:30 PM Women 800 Meter Run
- 4:40 PM Women 400 Meter Hurdles
- 4:45 PM Men 200 Meter Dash
- 4:50 PM Women 200 Meter Dash