

OSU HP MEET – COMPETITION SCHEDULE

Session 1 – Friday, April 30, 2021

Field Events:

10:00 AM	Hammer Throw (Women 3 Flights/Followed by Men 2 Flights)
11:00 AM	Pole Vault (Women Followed by Men)
12:00 PM	Long Jump (Women Followed by Men)
2:00 PM	Discus (Women Followed by Men)

Session 2 – Friday, April 30, 2021

Athletes may enter facility 90 min prior to event start

Athletes must leave after cool down/60 min after event – we want all clear for distance carnival

Track Events:

1 PM	200m Women (5 Heats)
1:20 PM	200m Men (2 Heats)
1:40 PM	400m Hurdles Women (2 Heats)
1:50 PM	400m Hurdles Men (2 Heats)

Session 3: Friday, April 30, 2021

Distance Events – Track:

Athletes may enter facility 90 min prior to event start – they may stay in designated team areas after race – absolutely nobody on the track watching races – you will be removed from the facility! With no seating we are letting the competition be the main focus – if you can exit after your cool down/event – that would greatly help our numbers. There will be ZERO warm ups on the infield ACCEPT for 15 min before your event – you will be clerked to the infield for final strides

DISTANCE CARNIVAL SCHEDULE

5:15 PM	5000m Women – Open Section
5:40 PM	5000m Men – Open Section
6:00 PM	1500m Men – Open Section
6:07 PM	1500m Women – Open Section
6:15 PM	1500m – Women – Heat 1
6:25 PM	1500m – Women – Heat 2
6:35 PM	1500m – Men – Heat 1
6:40 PM	1500m – Men – Heat 2
6:45 PM	1500m – Women – Invitational
6:55 PM	1500m – Men - Invitational
7:05 PM	Steeplechase – Men – Heat 1
7:20 PM	Steeplechase – Men – Invitational
7:40 PM	Steeplechase – Women – Heat 1
7:55 PM	Steeplechase – Women – Invitational
8:15 PM	5000m – Men – Heat 1
8:35 PM	5000m – Women – Invitational
8:55 PM	5000m – Men – Invitational
9:15 PM	10K – Men - Invitational
9:55 PM	10K – Women – Invitational

Saturday, May 1, 2021 – DAY TWO

Session 4:

Field Events:

11:00 AM	Women's Javelin followed Men
12:00 PM	High Jump – Women – followed by Men
1:30 PM	Shot Put – Women – followed by Men
2:30 PM	Triple Jump – Women – followed by Men

Session 5:

Track Events:

2:30 PM	4 x 100m – Women (1 Heat)
2:35 PM	4 x 100m – Men (1 Heat)
2:40 PM	800m – Men (7 Heats) – Fast to Slow
3:05 PM	800m – Women (4 Heats) – Fast to Slow
3:30 PM	100m Hurdles (4 Heats) – Fast to Slow
3:45 PM	110m Hurdles (2 Heats) – Fast to Slow
4:00 PM	400m – Women (3 Heats) – Fast to Slow
4:15 PM	400m – Men (2 Heats) – Fast to Slow
4:30 PM	100m – Women (2 Heats) – Fast to Slow
4:45 PM	100m – Men (3 Heats) – Fast to Slow
5:00 PM	4 x 400m – Women
5:10 PM	4 x 400m - Men