

LARRY WIECZOREK INVITATIONAL

JANUARY 17 - 18, 2020 • IOWA CITY, IOWA

<i>FRIDAY EVENTS</i>			
TIME	EVENT	HEATS	GENDER
10:00 AM	Weight Throw (<i>HTRC Indoor Turf</i>)	1	Men
12:00 PM	Weight Throw (<i>HTRC Indoor Turf</i>)	1	Women
1:00 PM	High Jump		Women
1:00 PM	High Jump		Men
2:00 PM	Shot Put (<i>HTRC Indoor Turf</i>)	1	Men
2:00 PM	Track Closed // Turf Open for Warm-ups		
3:00 PM	Long Jump (<i>inside runway</i>)	2	Men
3:00 PM	Long Jump (<i>outside runway</i>)	2	Women
3:30 PM	Shot Put (<i>HTRC Indoor Turf</i>)	1	Women
4:45 PM	<i>Infield open for 600m warm-ups</i>		
5:15 PM	Opening Ceremony & National Anthem		
5:27 PM	600m	3	Women
5:35 PM	600m	4	Men
5:44 PM	3,000m	2	Women
6:00 PM	<i>Backstretch open for Exh. 1,000m & Premier 600m warm-ups</i>		
6:00 PM	Invitational Shot Put	1	Men
6:08 PM	3,000m	2	Men
6:28 PM	200m	8	Women
6:42 PM	200m	5	Men
6:52 PM	1,000m Exhibition	3	Women
7:04 PM	1,000m Exhibition	1	Men
7:08 PM	600m Premier	4	Women
7:15 PM	Invitational Shot Put	1	Women
7:20 PM	600m Premier	4	Men
7:30 PM	200m Premier	4	Women
7:40 PM	200m Premier	4	Men

<i>SATURDAY EVENTS</i>			
TIME	EVENT	HEATS	GENDER
11:00 AM	Track Closed // Turf Open for Warm-ups		
12:00 PM	Pole Vault		Women
12:30 PM	<i>Infield open for 400m & Mile warm-ups</i>		
1:00 PM	Triple Jump (<i>outside runway</i>)	1	Women
1:00 PM	Triple Jump (<i>inside runway</i>)	1	Men
1:25 PM	<i>Infield open for 60m Hurdles warm-ups</i>		
1:30 PM	400m	6	Women
1:45 PM	400m	4	Men
1:57 PM	Mile	1	Men
2:05 PM	60m Hurdles Premier Prelims	4	Women
2:15 PM	60m Hurdles Olympic Development Prelims	2	Women
2:25 PM	60m Hurdles Premier Prelims	4	Men
2:30 PM	Pole Vault		Men
2:35 PM	60m Hurdles Olympic Development Prelims	2	Men
2:35 PM	<i>Infield open for 60m warm-ups</i>		
2:44 PM	800m	1	Men
2:45 PM	<i>Backstretch open for 400m Premier warm-ups</i>		
2:48 PM	60m Premier Prelims	5	Women
3:00 PM	60m Premier Prelims	4	Men
3:10 PM	60m Olympic Development Prelims	2	Men
3:15 PM	National Anthem		
3:15 PM	<i>Infield open for 60m Hurdles & 800m Premier warm-ups</i>		
3:30 PM	Jimmy Grant 400m Premier	4	Women
3:40 PM	John Raffensperger 400m Premier	4	Men
3:50 PM	800m Premier	2	Women
3:56 PM	800m Premier	2	Men
4:02 PM	60m Hurdles Premier Finals	1	Women
4:05 PM	60m Hurdles Olympic Development Finals	1	Women
4:10 PM	60m Hurdles Premier Finals	1	Men
4:13 PM	60m Hurdles Olympic Development Finals	1	Men
4:15 PM	<i>Infield open for 60m warm-ups</i>		
4:17 PM	Jerry Hassard Mile	2	Women
4:29 PM	Larry Wieczorek Mile	2	Men
4:39 PM	60m Premier Finals	1	Women
4:42 PM	60m Olympic Development Finals	1	Women
4:45 PM	60m Premier Finals	1	Men
4:48 PM	60m Olympic Development Finals	1	Men
4:50 PM	<i>Infield open for 4x400m Relay warm-ups</i>		
4:53 PM	3,000m Premier	1	Women
5:05 PM	3,000m Premier	1	Men
5:15 PM	4x400m Relay Section 1	1	Women
5:20 PM	4x400m Relay Section 1	1	Men
5:25 PM	<i>Backstretch open for teams to watch 4x400m Relays</i>		
5:25 PM	4x400m Relay Premier Section 2	1	Women
5:30 PM	4x400m Relay Premier Section 2	1	Men
5:35 PM	4x400m Relay Premier Section 3	1	Women
5:40 PM	4x400m Relay Premier Section 3	1	Men



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