

# 2019 HAWKEYE INVITATIONAL

FRIDAY, JANUARY 11 - SATURDAY, JANUARY 12

## FRIDAY EVENT

2:00 PM	Weight Throw ( <i>HTRC</i> )	Women then Men
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## SATURDAY EVENTS

10:00 AM	High Jump	Men and Women
	Shot Put	Men then Women
11:00 AM	Pole Vault	Women then Men
12:30 PM	Long Jump	Men and Women
2:30 PM	Triple Jump	Men and Women

## RUNNING EVENTS (MEN THEN WOMEN)

## HEATS PER GENDER

<i>11:45 AM</i>	<i>Warm-up 60m Hurdles on Infield (women and men)</i>	
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<b>12:00 PM</b>	<b>National Anthem</b>	
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12:15 PM	60m Hurdles Prelims	4 Men // 5 Women
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<i>12:40 PM</i>	<i>Warm-up 60m on Infield (women and men)</i>	
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12:40 PM	3,000m	
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1:10 PM	60m Prelims	4 Men // 4 Women
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<b>1:30 PM</b>	<b>Master's Race</b>	
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1:35 PM	400m	6 Men // 3 Women
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<i>1:55 PM</i>	<i>Warm-up 60m Hurdles on Infield (women and men)</i>	
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2:00 PM	1,000m	4 Men // 2 Women
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2:25 PM	60m Hurdles Finals	
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<i>2:25 PM</i>	<i>Warm-up 60m on Infield (women and men)</i>	
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2:35 PM	600m	3 Men // 4 Women
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2:55 PM	60m Finals	
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3:05 PM	800m	1 Men // 3 Women
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3:20 PM	Mile	3 Men // 3 Women
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4:00 PM	200m	8 Men // 9 Women
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4:30 PM	3,000m	1 Men // 1 Women
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<b>4:55 PM</b>	<b>Herky Kid's Race</b>	
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5:00 PM	4x400 Relay	5 Men // 5 Women
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