BLACK & GOLD INVITATIONAL

JANUARY 31 - FEBRUARY 1, 2020 • IOWA CITY, IOWA

FRIDAY EVENT 1:00 PM Weight Throw (HTRC) Women then Men SATURDAY EVENTS 11:00 AM Shot Put Men then Women 12:00 PM High Jump Men & Women 2:00 PM Long Jump Men & Women 2:00 PM Long Jump Men & Women 2:00 PM Triple Jump Men & Women 4:00 PM Triple Jump Men & Women 2:00 PM Warm-up 60m Hurdles on Infield (women and men) EXAMPLE 2:00 PM Warm-up 60m Hurdles on Infield (women and men) EXAMPLE 2:35 PM 60m Hurdles Prelims Women 2:35 PM 60m Hurdles Prelims Men 2:50 PM Warm-up 60m on Infield (women and men) EXESTS 2:55 PM 3,000m Seeded Men 3:20 PM 60m Olympic Development Prelims Women 3:30 PM 60m Olympic Development Prelims Men 3:30 PM 60m Olympic Development Prelims Men 3:325 PM 60m Premier Prelims Men 3:320 PM 60m Olympic Development Prelims Men 3:330 PM 60m Olympic Development Pre	11:00 AM 12:00 PM 2:00 PM 4:00 PM	Weight Throw (HTRC) SATURDAY EVENTS Shot Put	Men then Women
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4:20 PM 600m Men	3:55 PM		
	4:02 PM	400m	Women
	4:20 PM		
4:30 PM 600m Women	4:30 PM		Women
4:35 PM Master's Race(600m Mixed) Men	4:35 PM		Men
4:40 PM 60m Hurdles Finals Men	4:40 PM		Men
4:45 PM 60m Hurdles Finals Women	4:45 PM	60m Hurdles Finals	Women
4:50 PM 800m Men	4:50 PM	800m	Men
5:05 PM 800m Women	5:05 PM	800m	Women
5:15 PM 60m Olympic Development Finals Women	5:15 PM	60m Olympic Development Finals	Women
5:18 PM 60m Premier Finals Women	5:18 PM	60m Premier Finals	Women
5:21 PM 60m Olympic Development Finals Men	5:21 PM	60m Olympic Development Finals	Men
5:25 PM 60m Premier Finals Men	5:25 PM	60m Premier Finals	Men
5:30 PM Mile Men	5:30 PM	Mile	Men
5:40 PM Mile Women	5:40 PM	Mile	Women
5:53 PM 200m Men	5:53 PM	200m	Men
6:10 PM 200m Women	6:10 PM	200m	Women
6:25 PM 3,000m Premier Men		3,000m Premier	Men
6:39 PM 3,000m Premier Women			Women
6:53 PM Herky Kid's Race		Herky Kid's Race	
6:58 PM 4x400m Relay Men			Men
7:15 PM 4x400m Relay Women			Women