

# BLACK & GOLD INVITATIONAL

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

## FRIDAY EVENT

1:00 PM	Weight Throw ( <i>HTRC</i> )	Women then Men
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## SATURDAY EVENTS

11:00 AM	Shot Put	Men then Women
12:00 PM	High Jump	Men & Women
2:00 PM	Long Jump	Men & Women
	Pole Vault	Women then Men
4:00 PM	Triple Jump	Men & Women

RUNNING EVENTS	GENDER	HEATS
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2:00 PM	<i>Warm-up 60m Hurdles on Infield (women and men)</i>	
<b>2:30 PM</b>	<b><i>National Anthem</i></b>	
2:35 PM	60m Hurdles Prelims	Women
2:45 PM	60m Hurdles Prelims	Men
2:50 PM	<i>Warm-up 60m on Infield (women and men)</i>	
2:55 PM	3,000m Seeded	Men
3:20 PM	60m Olympic Development Prelims	Women
3:25 PM	60m Premier Prelims	Women
3:30 PM	60m Olympic Development Prelims	Men
3:36 PM	60m Premier Prelims	Men
3:42 PM	400m	Men
3:55 PM	<i>Warm-up 60m &amp; 60m Hurdles on Infield (women and men)</i>	
4:02 PM	400m	Women
4:20 PM	600m	Men
4:30 PM	600m	Women
<b>4:35 PM</b>	<b><i>Master's Race(600m Mixed)</i></b>	<b><i>Men</i></b>
4:40 PM	60m Hurdles Finals	Men
4:45 PM	60m Hurdles Finals	Women
4:50 PM	800m	Men
5:05 PM	800m	Women
5:15 PM	60m Olympic Development Finals	Women
5:18 PM	60m Premier Finals	Women
5:21 PM	60m Olympic Development Finals	Men
5:25 PM	60m Premier Finals	Men
5:30 PM	Mile	Men
5:40 PM	Mile	Women
5:53 PM	200m	Men
6:10 PM	200m	Women
6:25 PM	3,000m Premier	Men
6:39 PM	3,000m Premier	Women
<b>6:53 PM</b>	<b><i>Herky Kid's Race</i></b>	
6:58 PM	4x400m Relay	Men
7:15 PM	4x400m Relay	Women