



**2021**  
**LSU Alumni Gold**  
 April 23-24 · Bernie Moore Stadium

Spectators will be allowed to attend on a first come, first serve basis with a limit of 2,800.

## Final Time Schedule- Weather Update

### Friday, April 23

#### Field Events

12:00 PM Men's Hammer Throw  
 1:30 PM Women's Hammer Throw

### Saturday, April 24

#### Field Events

10:00 AM Women's Discus (West Cage)  
 12:00 PM Men's Discus (West Cage)  
 12:00 PM Women's Shot Put  
 12:15 PM Women's Pole Vault  
 1:00 PM Women's High Jump  
 1:30 PM Men's Shot Put  
 1:45 PM Women's Long Jump  
 1:45 PM Men's Long Jump  
 1:45 PM Women's Javelin (East Runway)  
 2:45 PM Men's Pole Vault  
 3:00 PM Men's High Jump  
 3:30 PM Men's Javelin (West Runway)  
 3:45 PM LeJuan Simon Men's Triple Jump  
 3:45 PM Women's Triple Jump

#### Running Events

10:00 AM Women's 5000 Meters  
 10:20 AM Men's 5000 Meters  
 10:40 AM Women's 1500 Meters  
 10:50 AM Men's 1500 Meters

1:27 PM *National Anthem*  
 1:30 PM Women's 4 x 100 Meter Relay  
 1:35 PM Men's 4 x 100 Meter Relay  
 1:40 PM Men's 3000 Meter Steeplechase  
 2:00 PM Women's 100 Hurdles  
 2:20 PM Men's 110 Hurdles  
 2:25 PM Women's 400 Meters  
 2:30 PM Women's Olympic Development 400 Meters  
 2:35 PM Men's 400 Meters  
 2:45 PM Men's Olympic Development 400 Meters  
 2:50 PM Women's 100 Meters  
 3:05 PM Men's 100 Meters  
 3:15 PM Women's 800 Meters  
 3:25 PM Men's 800 Meters  
 3:35 PM Women's 400 Hurdles  
 3:45 PM Men's 400 Hurdles  
 4:00 PM Women's 200 Meters  
 4:20 PM Women's Olympic Development 200 Meters  
 4:25 PM Men's 200 Meters  
 4:35 PM Men's Olympic Development 200 Meters  
 4:40 PM Women's 3000 Meter Steeplechase  
 4:55 PM Women's 4 x 400 Meter Relay  
 5:10 PM Men's 4 x 400 Meter Relay