



Louisiana Invitational Competition Guide January 29

Friday, January 29 (All Times CT)

Women's Weight Throw - 10:00 a.m.

Monique Hardy, Emma Robbins

Men's Weight Throw - 11:30 a.m.

Jon Nerdal, Jake Norris, Luke Witte

Women's 60 Meter Dash (Prelims) - 1:00 p.m.

Thelma Davies, Symone Mason,
Ariyonna Augustine, Milan Young, Amber Anning

Men's 60 Meter Dash (Prelims) - 1:10 p.m.

Terrance Laird, Charles Lewis

Men's 60 Meter Hurdles (Prelims) - 1:20 p.m.

Eric Edwards Jr. , Damion Thomas

Women's 60 Meter Hurdles (Prelims) - 1:30 p.m.

Alia Armstrong, Milan Young

Women's Shot Put - 1:30 p.m.

Amber Hart

Women's Long Jump - 1:30 p.m.

Aliyah Whisby

Women's High Jump - 2:00 p.m.

Nyagoa Bayak, Emma Englehardt

Men 60 Meter Dash (Prelims) - 2:05 p.m.

Terrance Laird, Charles Lewis

Women's Mile Run - 2:15 p.m.

Alicia Stamey, Sara Funderburk, Shanya Luna,
Ashley LaJocies, Adele Broussard, Molly Canham

Men's Mile Run - 2:30 p.m.

Cade Martin, Garrett Hamilton, Will Dart

Women's 60 Meter Hurdles (Final) - 2:40 p.m.

Men's 60 Meter Hurdles (Final) - 2:45 p.m.

Women's 400 Meters - 2:50 p.m.

Lorena Rangel

Men's Pole Vault - 3:00 p.m.

Brock Meyer, Kenny Odinet

Men's Triple Jump - 3:00 p.m.

Sean Dixon-Bodie

Women's Triple Jump - 3:00 p.m.

Kyndal McKnight, Serena Bolden

Women's 60 Meter Dash (Final) - 3:10 p.m.

Men's 60 Meter Dash (Final) - 3:15 p.m.

Men's High Jump - 3:15 p.m.

JuVaughn Harrison, Ronnie Rounds, Ji'eem Bullock

Men's 800 Meter Run - 3:25 p.m.

Stephen Schlottman

Women's 200 Meter Dash - 3:35 p.m.

Kiya Oviosun, Jurnee Woodward

Women's 4x400 Meter Relay - 4:15 p.m.

Men's 4x400 Meter Relay - 4:20 p.m.