



LSU Alumni Gold Competition Guide April 23-24

Friday, April 23 (All Times CT)

Men's Hammer Throw - 12 p.m.

Jake Norris, Jon Nerdal, Luke Witte

Women's Hammer Throw - 1:30 p.m.

Monique Hardy, Emma Robbins

Saturday, April 24

Women's 5,000 Meter Run - 10:00 a.m.

Adele Broussard, Doria Martingyale, Shelby Spoor

Men's 5,000 Meter Run - 10:20 a.m.

Jackson Martingayle, George Femmer

Women's 1,500 Meter Invite - 10:40 a.m.

Katy-Ann McDonald, Lorena Rangel,
Hannah Carroll, Shanya Luna

Men's 1,500 Meter Invite - 10:50 a.m.

Eric Coston, TJ Bleichner, Adam Wise,
George Femmer, Jackson Martingayle

Women's Discus - 10:00 a.m.

Amber Hart

Women's Pole Vault - 12:15 p.m.

Lisa Gunnarsson

Women's High Jump - 1:00 p.m.

Nyagoa Bayak, Emma Englehardt,
Abigial O'Donoghue

Women's 4x100 Meter Relay - 1:30 p.m.

Men's 4x100 Meter Relay - 1:35 p.m.

Men's 3,000 Meter Steeplechase - 1:40 p.m.

Will Dart, Garrett Hamilton

Women's Long Jump - 1:45 p.m.

Mercy Abire

Men's Long Jump - 1:45 p.m.

JuVaughn Harrison, Rayvon Grey

Women's Javelin - 1:45 p.m.

Noel Baker

Women's 100 Meter Hurdles - 2:00 p.m.

Alia Armstrong, Brittley Humphrey, Tonea Marshall,
Leah Phillips, Milan Young

Men's 110 Meter Hurdles - 2:20 p.m.

Damion Thomas, Eric Edwards Jr., Arthur Price III

Women's 400 Meter Dash - 2:25 p.m.

Amber Anning, Favour Ofili

Men's 400 Meter Dash - 2:35 p.m.

Tyler Terry, Noah Williams

Men's Pole Vault - 2:45 p.m.

Kenny Odinet, Brock Meyer

Women's 100 Meter Dash - 2:55 p.m.

Serena Bolden, Symone Mason

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

Ronnie Rounds

Men's 100 Meter Dash - 3:10 p.m.

Charles Lewis, Da'Marcus Fleming

Women's 800 Meter Run - 3:20 p.m.

Hannah Carroll, Katy-Ann McDonald, Cori Mitchell,
Lorena Rangel

Men's 800 Meter Run - 3:30 p.m.

Eric Coston, TJ Bleichner, Adam Wise,
Stephen Schlottman

Men's Javelin - 3:30 p.m.

Tzuriel Pedigo, Eli Gaughan, Andre Girouard

Women's 400 Meter Hurdles - 3:40 p.m.

Brittley Humphrey, Leah Phillips, Jurnee Woodward,
Milan Young

LeJuan Simon Men's Triple Jump - 3:45 p.m.

Sean Dixon-Bodie, Christian Miller

Women's Triple Jump - 3:45 p.m.

Serena Bolden, Kyndal McKnight

Men's 400 Meter Hurdles - 3:50 p.m.

Sean Burrell

Women's 200 Meter Dash - 4:05 p.m.

Thelma Davies

Men's 200 Meter Dash - 4:30 p.m.

Charles Lewis, Dylan Peebles, Akanni Hislop,
Terrance Laird

Women's 3,000 Meter Steeplechase - 4:45 p.m.

Sara Funderburk, Ashley LaJocies, Shayna Luna,
Alicia Stamey

Women's 4x400 Meter Relay - 5:00 p.m.

Men's 4x400 Meter Relay - 5:15 p.m.