



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.
 The COVID-19 spectator policy is as of 3/23/21 and is subject to change.

Tentative Time Schedule

Friday, April 23

Field Events

- 4:00 PM Men's Hammer Throw
 6:00 PM Women's Hammer Throw

Running Events

- 7:30 PM Invite Women's 1500 meter (Qualifying standard of 4:25)
 7:45 PM Invite Men's 1500 meter (Qualifying standard of 3:47)
 8:00 PM Women's 5000 meter
 8:25 PM Men's 5000 meter

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
 12:30 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 High Jump
 3:00 PM Men's Pole Vault
 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

- 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 Women's 1500 Meters
 1:55 PM Men's 1500 Meters
 2:10 PM Women's 100 Hurdles
 2:20 PM Men's 110 Hurdles
 2:30 PM Women's 400 Meters
 2:40 PM Men's 400 Meters
 2:50 PM Women's 100 Meters
 3:00 PM Men's 100 Meters
 3:10 PM Women's 800 Meters
 3:20 PM Men's 800 Meters
 3:30 PM Women's 400 Hurdles
 3:40 PM Men's 400 Hurdles
 3:50 PM Women's 200 Meters
 4:05 PM Men's 200 Meters
 4:20 PM Women's 3000 Meter Steeplechase
 4:35 PM Men's 3000 Meters Steeplechase
 4:50 PM Women's 4 x 400 Relay
 5:00 PM Men's 4 x 400 Relay