

LSU Alumni Gold Invitational
April 16-17, 2010
REVISED
(4.14.2010)

FRIDAY, April 16

Time	Event	Division	Round	Advance
12:30 PM	Discus	Women	Trials & Finals	9
2:30 PM	Discus	Men	Trials & Finals	9

SATURDAY, April 17**Field Events - EARLY SESSION *******

9:00 AM	Javelin	Women	Trials & Finals	9
10:30 AM	Long Jump	Men	Trials & Finals	9
10:30 AM	Long Jump	Women	Trials & Finals	9
11:30 AM	Javelin	Men	Trials & Finals	9
1:00 PM	Triple Jump	Women	Trials & Finals	9
1:00 PM	Triple Jump	Men	Trials & Finals	9
1:00 PM	Pole Vault	Men	Final	
1:30 PM	High Jump	Men	Final	
1:45 PM	Hammer	Women	Trials & Finals	9

Running Events - EARLY SESSION *****

10:50 AM	3000 Steeplechase	Women	Final	
11:05 AM	3000 Steeplechase	Men	Final	
11:20 AM	100 Meters	Women	Final	(B Sections)- Gold Track
11:20 AM	100 Meters	Men	Final	(B Sections)- Red Track
11:40 AM	1500 Meters	Women	Final	(B Sections)
11:55 AM	1500 Meters	Men	Final	(B Sections)
12:05 PM	110 Hurdles	Men	Final	(B Sections)- Red Track
12:05 PM	100 Hurdles	Women	Final	(B Sections)- Gold Track
12:15 PM	400 Meters	Women	Final	(B Sections)
12:35 PM	400 Meters	Men	Final	(B Sections)
12:50 PM	200 Meters	Women	Final	(B Sections)
1:00 PM	200 Meters	Men	Final	(B Sections)
1:10 PM	800 Meters	Women	Final	(B Sections)
1:20 PM	800 Meters	Men	Final	(B Sections)
1:30 PM	400 Hurdles	Men	Final	(B Sections)
1:40 PM	400 Hurdles	Women	Final	(B Sections)

Field Events - Afternoon Session*****

2:00 PM	Shot Put	Men	Trials & Finals	9
3:00 PM	Long Jump Invitational	Women	Trials & Final	9
3:15 PM	Long Jump Invitational	Men	Trials & Final	9
3:30 PM	Pole Vault	Women	Final	
4:00 PM	High Jump	Women	Final	
4:15 PM	Hammer	Men	Trials & Finals	9
4:15 PM	Shot Put	Women	Trials & Finals	9
4:30 PM	Triple Jump Invitational	Women	Trials & Finals	9
4:45 PM	The Lejuan Simon Triple Jump Invitational	Men	Trials & Finals	9

Running Events - Afternoon Session*******2:10 PM Alumni Recognition****2:30 PM National Anthem**

2:35 PM	4 * 100 Relay	Women	Final	
2:45 PM	4 * 100 Relay	Men	Final	
2:55 PM	800 Meters	Women	Final - 2 Heats	(Top 16)
3:05 PM	800 Meters	Men	Final - 2 Heats	(Top 16)

3:10 PM Alumni Recognition

3:20 PM	100 Hurdles	Women	Final - 1 Heat	(Top 9)
3:30 PM	110 Hurdles	Men	Final - 1 Heat	(Top 9)
3:35 PM	400 Meters	Women	Final - 2 Heats	(Top 16)
3:45 PM	400 Meters	Men	Final - 2 Heats	(Top 16)
3:55 PM	100 Meters	Women	Final - 2 Heats	(Top 18)
4:05 PM	100 Meters	Men	Final - 2 Heats	(Top 18)
4:15 PM	400 Hurdles	Women	Final - 1 Heat	(Top 8)
4:20 PM	400 Hurdles	Men	Final - 1 Heat	(Top 8)
4:25 PM	1500 Meters	Women	Final - 1 Heat	(Top 14)
4:35 PM	1500 Meters	Men	Final - 1 Heat	(Top 14)
4:45 PM	200 Meters	Women	Final - 2 Heats	(Top 16)
4:55 PM	200 Meters	Men	Final - 2 Heats	(Top 16)
5:05 PM	5000 Meter Run	Women	Final - 1 Heat	

5:07 PM (Senior Recognition during the 5000 Meter Run)

5:25 PM	4x400 Meter Relay	Women	Final	(Heats Against Time)
5:40 PM	4x400 Meter Relay	Men	Final	(Heats Against Time)
5:55 PM	5000 Meter Run	Men	Final - 1 Heat	