



MIZZOU SPRING OPEN SCHEDULE

SATURDAY, APRIL 6, 2019

AUDREY J. WALTON STADIUM // COLUMBIA, MISSOURI

SATURDAY

FIELD EVENTS

11:00 a.m.	Hammer Throw	Men // Women to Follow
	Shot Put	Women // Men to Follow
	Long Jump	Men // Women to Follow
	Pole Vault	Women // Men to Follow
3:00 p.m.	High Jump	Men // Women to Follow
	Triple Jump	Women // Men to Follow
	Discus	Women // Men to Follow
	Javelin Throw	Men // Women to Follow

TRACK EVENTS

3:00 p.m.	3,000m Steeplechase	(Women will go first in all track events)
3:15 p.m.	4x100m Relay	
3:25 p.m.	1,500m Run	
3:50 p.m.	100m // 110m Hurdles	
4:05 p.m.	400m Dash	
4:20 p.m.	100m Dash	
4:35 p.m.	800m Run	
4:55 p.m.	400m Hurdles	
5:15 p.m.	200m Dash	
5:30 p.m.	5,000m Run	
6:10 p.m.	4x400m Relay	

PROGRESSIONS

Men's High Jump	Women's High Jump	Men's Pole Vault	Women's Pole Vault
1.93m	1.56m	4.31m	3.31m
1.98m	1.61m	4.46m	3.46m
2.03m	1.66m	4.61m	3.61m
2.08m	1.71m	4.76m	3.76m
2.11m	1.76m	4.91m	3.91m
+ 3cm	+ 3cm	5.06m	4.06m
		5.21m	4.21m
		+ 10cm	+ 10cm

Updated: 4/4/19

