

Jim Freeman Louisville Invitational

Final Meet Schedule

(Updated 4.12.2023 times listed in red have been adjusted)

Friday April 14th & Saturday April 15th, 2023

FRIDAY, April 14th, 2023

1:00 PM	M Hammer Throw
3:00 PM	W Hammer Throw
4:30 PM	M Javelin Throw
5:15 PM	W Javelin Throw

SATURDAY, April 15th, 2023

Running Events

12:55 PM	Opening Ceremonies
1:00 PM	M 3000 Meter Steeplechase
1:15 PM	W 3000 Meter Steeplechase
1:35 PM	M 4x100 Meter Relay
1:45 PM	W 4x100 Meter Relay
1:50 PM	M 1500 Meters
2:00 PM	W 1500 Meters
2:20 PM	M 110 Meter Hurdles Finals
2:35 PM	W 100 Meter Hurdles Finals
2:45 PM	M 400 Meters
2:55 PM	W 400 Meters
3:05 PM	M 100 Meters Finals
3:15 PM	W 100 Meters Finals
3:25 PM	M 800 Meters
3:35 PM	W 800 Meters
3:55 PM	M 400 Meter Hurdles
4:00 PM	W 400 Meter Hurdles
4:10 PM	M 200 Meters
4:20 PM	W 200 Meters
4:30 PM	M 3000 Meters
4:45 PM	W 3000 Meters
5:00 PM	M 4x400 Meter Relay
5:10 PM	W 4x400 Meter Relay

Specific Warmup Access

Full Track Access
Full Track Access
Outside 4 lanes
Outside 4 lanes
Prior to the start
Outside 4 lanes during the men's 1500 sections
Outside 4 lanes on the home straight
Outside 4 lanes on the home straight
Track access with exception of the home straight
Track access with exception of the home straight
Track access following the 400 Meter races
Track access following the 400 Meter races
Track access with exception of the home straight
Track access with exception of the home straight
Track access following the 800 Meter races
Track access following the 800 Meter races
Track access following the 400 Hurdle races
Track access following the 400 Hurdle races
Track access opposite of the 200 Meter races
Track access opposite of the 200 Meter races
Outside 4 lanes after the 3000 Meter races condense
Outside 4 lanes after the 3000 Meter races condense

Field Events

12:00 Noon	M High Jump
12:00 Noon	M Shot Put
12:00 Noon	M Pole Vault
1:00 PM	M Long Jump
1:00 PM	W Shot Put
2:00 PM	W Long Jump
2:00 PM	M Discus Throw
3:00 PM	W Pole Vault
3:00 PM	W High Jump
3:00 PM	M Triple Jump
4:00 PM	W Discus Throw
4:00 PM	W Triple Jump