

# LONG BEACH INVITATIONAL

April 16-17, 2021 • Jack Rose Track

Long Beach State, University of Southern California, UC Irvine, UC San Diego, San Diego State

## Friday, April 16, 2021

### THROWS EVENTS TIME SCHEDULE

Time	Event	Location	Flights
10:55 a.m.	<b>NATIONAL ANTHEM</b>		
11:00 a.m.	Women's Javelin	Infield	1
11:00 a.m.	Men's Hammer Throw	Outfield	2
12:15 p.m.	Women's Hammer	Outfield	2
12:15 p.m.	Men's Javelin	Infield	1
01:45 p.m.	Women's Discus	Infield	2
01:45 p.m.	Men's Shot Put	South D-Zone	2
03:00 p.m.	Women's Shot Put	South D-Zone	2
03:00 p.m.	Men's Discus	Infield	2

### DISTANCE EVENTS TIME SCHEDULE

Start	Event	Heats
03:00 p.m.	Women's 800 Meters	2
03:20 p.m.	Men's 800 Meters	1
03:40 p.m.	Women's 3,000 Meter Steeple Chase	1
04:10 p.m.	Men's 3,000 Meter Steeple Chase	1
04:30 p.m.	Women's 1500 Meters	2
04:50 p.m.	Men's 1500 Meters	1
05:00 p.m.	Women's 5,000 Meters	1
05:30 p.m.	Men's 5,000 Meters	1

## Saturday, April 17, 2021

### JUMP EVENTS TIME SCHEDULE

Time	Event	Location	Flights
10:25 a.m.	<b>NATIONAL ANTHEM</b>		
10:30 a.m.	Women's Long Jump	East Runway	1
10:30 a.m.	Men's Long Jump	West Runway	1
12:00 p.m.	Women's High Jump	East Pit	1
12:00 p.m.	Men's High Jump	West Pit	1
12:00 p.m.	Women's Pole Vault	East Runway	1
12:00 p.m.	Men's Pole Vault	West Runway	1
01:30 p.m.	Women's Triple Jump	East Runway	1
01:30 p.m.	Men's Triple Jump	West Runway	1

### SPRINT EVENTS TIME SCHEDULE

Start	Event	Heats
02:30 p.m.	<b>SENIOR RECOGNITION (Infield)</b>	
03:00 p.m.	Women's 4x100 Meter Relay	1
03:10 p.m.	Men's 4x100 Meter Relay	1
03:25 p.m.	Women's 100 Meter Hurdles	2
03:40 p.m.	Men's 110 Meter Hurdles	1
03:50 p.m.	Women's 400 Meters	2
04:00 p.m.	Men's 400 Meters	2
04:10 p.m.	Women's 100 Meters	2
04:20 p.m.	Men's 100 Meters	2
04:35 p.m.	Women's 400 Meter Hurdles	2
04:55 p.m.	Men's 400 Meter Int. Hurdles	1
05:05 p.m.	Women's 200 Meters	3
05:20 p.m.	Men's 200 Meters	2
~ Break ~		
05:50 p.m.	Women's 4x400 Meter Relay	1
06:00 p.m.	Men's 4x400 Meter Relay	1