

Jack Rose Track

FRIDAY, APRIL 14, 2023

*TENTATIVE SCHEDULE: Final schedule will be posted Tuesday, April 11***FIELD EVENTS TIME SCHEDULE**

Time	Event	Location	Flights
12:00 p.m.	Women's High Jump	East Pit	Flight #1
11:00 a.m.	Women's Pole Vault	East Runway	Flight #1
01:50 p.m.	Women's Pole Vault	East Runway	Flight #2
12:30 p.m.	Men's Pole Vault	West Runway	Flight #1
03:00 p.m.	Men's Pole Vault	West Runway	Flight #2
10:00 a.m.	Women's Long Jump	West Runway	Flights #1-2
10:00 a.m.	Men's Long Jump	East Runway	Flights #1-2
02:15 p.m.	Women's Triple Jump	West Runway	Flight #1
02:45 p.m.	Men's Triple Jump	East Runway	Flight #1
09:00 a.m.	Men's Hammer Throw	North Ring-Outfield	Flights #1-3
11:30 a.m.	Men's GOLD INVITATIONAL Hammer	North Ring-Outfield	Flights #4-5
01:30 p.m.	Women's GOLD INVITATIONAL Hammer	North Ring-Outfield	Flights #5-6
03:15 p.m.	Women's Hammer	North Ring-Outfield	Flights #4, 3, 2, 1
09:00 a.m.	Women's Javelin	North Runway	Flights #1-3
11:30 a.m.	Women's GOLD INVITATIONAL Javelin	North Runway	Flights #4-6
02:30 p.m.	Men's GOLD INVITATIONAL Javelin	South Runway	Flight #3-4
03:45 p.m.	Men's Javelin	South Runway	Flights #2, 1

TRACK EVENTS TIME SCHEDULE

Start	Event	Heats
08:25 a.m.	<i>NATIONAL ANTHEM</i>	
08:30 a.m.	Women's GOLD INVITATIONAL 10,000 Meters	Heat #1
09:15 a.m.	Men's GOLD INVITATIONAL 10,000 Meters	Heat #1
09:55 a.m.	Women's GOLD INVITATIONAL 5,000 Meters	Heat #1
10:20 a.m.	Men's GOLD INVITATIONAL 5,000 Meters	Heat #1
10:40 a.m.	Men's 5,000 Meters	Heat #2
11:00 a.m.	Women's GOLD INVITATIONAL 3,000 Meter Steeple Chase	Heat #1
11:25 a.m.	Men's GOLD INVITATIONAL 3,000 Meter Steeple Chase	Heat #1
11:45 a.m.	Women's 1500 Meters	Heats #7-9
12:00 p.m.	Men's 1500 Meters	Heats #7-9
12:20 p.m.	Women's 800 Meters	Heats #7-11
12:40 p.m.	Men's 800 Meters	Heats #7-11
12:57 p.m.	Women's 100 Meters	Heats #14-18
01:00 p.m.	Men's 100 Meters	Heats #14-18
01:06 p.m.	Women's 200 Meters	Heats #14-18
01:21 p.m.	Men's 200 Meters	Heats #14-18

SATURDAY, APRIL 15, 2023

*TENTATIVE SCHEDULE: Final schedule will be posted Tuesday, April 11***FIELD EVENTS TIME SCHEDULE**

Time	Event	Location	Flights
09:00 a.m.	Men's High Jump	West Pit	Flight #1
09:00 a.m.	Men's High Jump	East Pit	Flight #2
12:30 p.m.	Men's GOLD INVITATIONAL High Jump	East Pit	Flight #3
12:30 p.m.	Women's High Jump	West Pit	Flight #2
02:15 p.m.	Women's GOLD INVITATIONAL High Jump	East Pit	Flight #4
03:40 p.m.	Women's High Jump	West Pit	Flight #3
10:30 a.m.	Women's Pole Vault	East Runway	Flight #3
01:15 p.m.	Women's GOLD INVITATIONAL Pole Vault	East Runway	Flight #5
03:30 p.m.	Women's Pole Vault	West Runway	Flight #4
10:30 a.m.	Men's Pole Vault	West Runway	Flight #4
01:15 p.m.	Men's GOLD INVITATIONAL Pole Vault	West Runway	Flight #5
03:15 p.m.	Men's Pole Vault	East Runway	Flight #3
09:30 a.m.	Women's Long Jump	East Runway	Flights #3-5
12:10 p.m.	Women's GOLD INVITATIONAL Long Jump	East Runway	Flights #6-7
09:30 a.m.	Men's Long Jump	West Runway	Flights #3-5
12:10 p.m.	Men's GOLD INVITATIONAL Long Jump	West Runway	Flights #6-7
02:30 p.m.	Women's Triple Jump	East Runway	Flights #2-3
04:10 p.m.	Women's GOLD INVITATIONAL Triple Jump	East Runway	Flight #4-5
02:30 p.m.	Men's Triple Jump	West Runway	Flights #2-3
04:10 p.m.	Men's GOLD INVITATIONAL Triple Jump	West Runway	Flight #4-5
11:00 a.m.	Men's GOLD INVITATIONAL Shot Put	West Ring	Flights #5-7
11:00 a.m.	Men's Shot Put	East Ring	Flights #1-4
03:00 p.m.	Women's GOLD INVITATIONAL Shot Put	West Ring	Flights #5-7
03:00 p.m.	Women's Shot Put	East Ring	Flights #1-4
11:00 a.m.	Women's GOLD INVITATIONAL Discus	North West Ring	Flights #5-7
11:00 a.m.	Women's Discus	North Ring-Outfield	Flights #1-4
03:00 p.m.	Men's GOLD INVITATIONAL Discus	North West Ring	Flights #5-7
03:00 p.m.	Men's Discus	North Ring-Outfield	Flights #1-4

TRACK EVENTS TIME SCHEDULE

Start	Event	Heats
09:00 a.m.	Women's GOLD INVITATIONAL 1500 Meters	Heat #1
09:06 a.m.	Women's 1500 Meters	Heats #2-6
09:42 a.m.	Men's GOLD INVITATIONAL 1500 Meters	Heat #1
09:48 a.m.	Men's 1500 Meters	Heats #2-6
10:15 a.m.	<i>NATIONAL ANTHEM</i>	
10:20 a.m.	<i>Special Event: Beach Invitational Hall-of-Honor Induction (Class of 2023)</i>	
10:33 a.m.	Women's GOLD INVITATIONAL 4x100 Meter Relay	Heat #1
10:38 a.m.	Women's 4x100 Meter Relay	Heats #2-4
10:52 a.m.	Men's GOLD INVITATIONAL 4x100 Meter Relay	Heat #1
10:57 a.m.	Men's 4x100 Meter Relay	Heats #2-3
11:15 a.m.	<i>Special Event: LBSU Men's Senior Presentation</i>	
11:25 a.m.	Women's GOLD INVITATIONAL 100 Meter Hurdles	Heat #1
11:28 a.m.	Women's 100 Meter Hurdles	Heats #2-12
12:02 p.m.	<i>Special Event: LBSU Women's Senior Presentation</i>	
12:15 p.m.	Men's GOLD INVITATIONAL 110 Meter Hurdles	Heat #1
12:18 p.m.	Men's 110 Meter Hurdles	Heats #2-10
12:48 p.m.	Women's GOLD INVITATIONAL 400 Meters	Heat #1
12:51 p.m.	Women's 400 Meters	Heats #2-13
01:27 p.m.	Men's GOLD INVITATIONAL 400 Meters	Heat #1
01:30 p.m.	Men's 400 Meters	Heats #2-12
02:03 p.m.	Women's GOLD INVITATIONAL 100 Meters	Heat #1
02:06 p.m.	Women's 100 Meters	Heats #2-13
02:42 p.m.	Men's GOLD INVITATIONAL 100 Meters	Heat #1
02:45 p.m.	Men's 100 Meters	Heats #2-13
03:21 p.m.	Women's GOLD INVITATIONAL 800 Meters	Heat #1
03:26 p.m.	Women's 800 Meters	Heats #2-6
03:46 p.m.	Men's GOLD INVITATIONAL 800 Meters	Heat #1
03:51 p.m.	Men's 800 Meters	Heats #2-6
04:11 p.m.	Women's GOLD INVITATIONAL 400 Meter Hurdles	Heat #1
04:16 p.m.	Women's 400 Meter Hurdles	Heats #2-9
04:45 p.m.	Men's GOLD INVITATIONAL 400 Meter Int. Hurdles	Heat #1
04:50 p.m.	Men's 400 Meter Int. Hurdles	Heats #2-8
05:20 p.m.	Women's GOLD INVITATIONAL 200 Meters	Heat #1
05:23 p.m.	Women's 200 Meters	Heat #2-13
06:00 p.m.	Men's GOLD INVITATIONAL 200 Meters	Heat #1
06:03 p.m.	Men's 200 Meters	Heats #2-13
06:41 p.m.	Women's GOLD INVITATIONAL 4x400 Meter Relay	Heat #1
06:46 p.m.	Women's 4x400 Meter Relay	Heats #2-3
06:55 p.m.	Men's GOLD INVITATIONAL 4x400 Meter Relay	Heat #1
07:00 p.m.	Men's 4x400 Meter Relay	Heats #2-3