## SPEC TOWNS + TORRIN LAWRENCE INVITATIONAL

Tentative Schedule as of 4/4/2023

THURSDAY, APRIL 6th, 2023 Multi Events Day 1

## **DECATHLON**

12:30 PM	MEN	100m
1:15 PM*	MEN	Long Jump
2:15 PM*	MEN	Shot Put
3:15 PM*	MEN	High Jump
5:15 PM*	MEN	400m

### **HEPTATHLON**

12:45 PM	WOMEN	100m Hurdles
1:20 PM*	WOMEN	High Jump
3:10 PM*	WOMEN	Shot Put
4:45 PM*	WOMEN	200m

#### **FIELD EVENTS**

5:00 PM MEN Hammer Throw (Women to Follow)

FRIDAY, APRIL 7th, 2023 Multi Events Day 2

#### **DECATHLON**

10:00 AM	MEN	110m Hurdles
10:35 AM*	MEN	Discus Throw
11:30 AM*	MEN	Pole Vault
1:15 PM*	MEN	Javelin Throw
2:15 PM*	MEN	1500m

#### **HEPTATHLON**

10:30 AM	WOMEN	Long Jump
11:30 AM*	WOMEN	Javelin Throw
1:00 PM*	WOMEN	800m

<sup>\*</sup>Approximate start time; event will begin 30 minutes after completion of the previous event

# **SPEC TOWNS + TORRIN LAWRENCE INVITATIONAL**

Tentative Schedule as of 4/4/2023

FRIDAY, APRIL 7th, 2023

### **RUNNING EVENTS**

10:00 AM	DECATHLON	110m Hurdles
1:00 PM	HEPTATHLON	800m
1:30 PM	SENIOR	RECOGNITION
1:55 PM	NATIONAL	ANTHEM
2:00 PM	WOMEN	4x100m Relay
2:05 PM	MEN	4x100m Relay
2:15 PM	DECATHLON	1500m
2:20 PM	WOMEN	1500m
2:40 PM	MEN	1500m
2:55 PM	WOMEN	100m Hurdles
3:05 PM	MEN	110m Hurdles
3:15 PM	WOMEN	400m
3:20 PM	MEN	400m
3:30 PM	WOMEN	100m
3:40 PM	MEN	100m
3:50 PM	WOMEN	800m
4:00 PM	MEN	800m
4:15 PM	WOMEN	400m Hurdles
4:25 PM	MEN	400m Hurdles
4:40 PM	WOMEN	200m
4:55 PM	MEN	200m
5:20 PM	WOMEN	3000m Steeplechase
5:35 PM	MEN	3000m Steeplechase
5:50 PM	WOMEN	4x400m Relay
6:00 PM	MEN	4x400m Relay

TRACK & FIELD / CROSS COUNTRY | BULLDOG TRACK & FIELD / CROSS

# **SPEC TOWNS + TORRIN LAWRENCE INVITATIONAL**

Tentative Schedule as of 4/4/2023

FRIDAY, APRIL 7th, 2023

FIELD	<b>EVENTS</b>	
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10:30 AM 10:35 AM	HEPTATHLON DECATHLON	Long Jump Discus Throw
11:30 AM	HEPTATHLON	Javelin Throw
11:30 AM	DECATHLON	Pole Vault
12:00 PM	WOMEN	Shot Put (Men to Follow)
1:15 PM	DECATHLON	Javelin Throw
1:30 PM	MEN	Pole Vault
2:10 PM	WOMEN	Javelin Throw (Men to Follow)
2:30 PM	WOMEN	Triple Jump
2:30 PM	MEN	Triple Jump
3:30 PM	WOMEN	Pole Vault
4:00 PM	WOMEN	Long Jump
4:00 PM	MEN	Triple Jump
4:15 PM	WOMEN	Discus Throw (Men to Follow)
5:00 PM	WOMEN	High Jump
5:00 PM	MEN	High Jump