



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)
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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

*Approximate start time; event will begin 30 minutes after completion of the previous event



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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

