

# Clark Wood Invitational

## Final Schedule

(changes listed in red)

Friday April 28<sup>th</sup> & Saturday April 29<sup>th</sup>, 2023

### FRIDAY, April 28<sup>th</sup>, 2023

#### RUNNING EVENTS

4:30 PM	W 800 Meters
4:50 PM	M 800 Meters
5:05 PM	W 200 Meters
5:20 PM	M 200 Meters
5:50 PM	W 400 Meter Hurdles
6:20 PM	M 400 Meter Hurdles
6:20 PM	W 5000 Meters
6:45 PM	M 5000 Meters

#### THROWS

11:00 AM	W Hammer Throw
1:00 PM	M Hammer Throw
3:30 PM	W Discus Throw
5:30 PM	M Discus Throw

#### JUMPS

##### West LJ/TJ Runway

2:00 PM	M Long Jump
4:30 PM	W Long Jump

### SATURDAY, April 29<sup>th</sup>, 2023

#### RUNNING EVENTS

11:45 AM	Senior Awards
12:00 Noon	National Anthem
12:10 PM	W 100 Meter Hurdle Prelims
12:30 PM	M 110 Meter Hurdle Prelims
12:50 PM	W 100 Meter Prelims
1:10 PM	M 100 Meter Prelims
1:30 PM	W 3000 Meter Steeplechase
1:50 PM	M 3000 Meter Steeplechase
2:10 PM	W 4x100 Meter Relay
2:20 PM	M 4x100 Meter Relay
2:30 PM	W 1500 Meters
2:55 PM	M 1500 Meters
3:20 PM	M 110 Meter Hurdle Final
3:30 PM	W 100 Meter Hurdle Final
3:40 PM	W 400 Meter
4:00 PM	M 400 Meter
4:25 PM	W 100 Meters Final
4:35 PM	M 100 Meters Final
4:45 PM	W 3000 Meters
5:00 PM	M 3000 Meters
5:15 PM	W 4x400 Meter Relay
5:30 PM	M 4x400 Meter Relay

#### THROWS

10:00 AM	W Javelin
11:30 AM	M Javelin
1:00 PM	M Shot Put
3:00 PM	W Shot Put

#### JUMPS

##### Pole Vault Runway – 45 minute warmup period

10:00 AM	W Unseeded PV
12:00 PM	M Unseeded PV
2:30 PM	W Seeded PV
4:30 PM	M Seeded PV

##### West LJ / TJ Runway

1:00 PM	W Triple Jump
3:30 PM	M Triple Jump

##### High Jump Apron – 30 minute warmup period

10:00 AM	W Unseeded High Jump
11:45 AM	M Unseeded High Jump
1:30 PM	W Seeded High Jump
3:30 PM	M Seeded High Jump