

# Warrior Invite, March 28, 2024

## Final Order of Events

### Field Events

All horizontal events will receive 3 attempts. Top 9 will advance to finals

15 minute max warmup period between flights / Vertical Jumps will receive 45 minute warmup

| <u>Time</u>           | <u>Event</u> | <u>Gender Order</u> |
|-----------------------|--------------|---------------------|
| 10:00 AM              | Shot Put     | Men/ Women          |
| <i>After Shot Put</i> | Javelin      | Men/ Women          |
| 10:00 AM              | Hammer       | Women/ Men          |
| <i>After Hammer</i>   | Discus       | Women/ Men          |
| 10:00 AM              | Long Jump    | Women/ Men          |
| 10:00 AM              | Triple Jump  | Men/ Women          |
| 10:00 AM              | Pole Vault   | Women/ Men          |
| 10:00 AM              | High Jump    | Men/ Women          |

### Running Events – PROPOSED FINAL SCHEDULE

Women first, followed by men in all running events.

Heats will be contested fast to slow.

Schedule will stay on time.

9:55 AM      National Anthem

| <u>Time</u> | <u>Event</u>                   |
|-------------|--------------------------------|
| 10:00 AM    | 10,000m (men only)             |
| 11:00 AM    | 4 x 100 Relay                  |
| 11:15 AM    | 3,000m Steeplechase (men only) |
| 11:35 AM    | 100m – Prelims                 |
| 11:50 AM    | 1,500m                         |
| 12:40 PM    | 400m                           |
| 12:55 PM    | 100H/110H – Finals             |
| 1:05 PM     | 100m – Finals                  |
| 1:15 PM     | 800m                           |
| 1:45 PM     | 400m Hurdles                   |
| 2:00 PM     | 200m                           |
| 2:30 PM     | 5,000m                         |
| 3:15 PM     | 4 x 400 Relay                  |