

2019 CRIMSON TIDE INVITE **(REVISED FINAL)**

PRESENTED BY BEYNON SPORTS

APRIL 11TH-12TH

THURSDAY APRIL 11TH, 2019

TIME	GENDER	FIELD EVENTS
6:30PM	WOMEN	HAMMER THROW
8:00PM	MEN	HAMMER THROW
TIME	GENDER	RUNNING EVENTS
9:00PM	WOMEN	1500M RUN (TOP SECTION)
9:10PM	MEN	1500M RUN (TOP SECTION)
9:20PM	WOMEN	5000M RUN
9:45PM	MEN	5000M RUN

FRIDAY APRIL 12TH, 2019

TIME	GENDER	FIELD EVENTS
9:00AM	WOMEN	DISCUS THROW <MEN TO FOLLOW>
	MEN	DISCUS THROW
11:00AM	WOMEN	LONG JUMP (N. RUNWAY)
11:05AM	MEN	LONG JUMP (S. RUNWAY)
NOON	WOMEN	SHOT PUT (N. RING)
12:05PM	MEN	SHOT PUT (S. RING)
12:50PM	MEN	HIGH JUMP (E. PIT)
TO FOLLOW	WOMEN	HIGH JUMP (E. PIT)
1:00PM	WOMEN	JAVELIN (W. RUNWAY) <MEN TO FOLLOW>
	MEN	JAVELIN THROW (W. RUNWAY)
1:30PM	WOMEN	POLE VAULT (C. PIT)
1:35PM	MEN	POLE VAULT (E. PIT)
2:20PM	WOMEN	TRIPLE JUMP (N. RUNWAY)
2:25PM	MEN	TRIPLE JUMP (S. RUNWAY)
TIME	GENDER	RUNNING EVENTS
11:55AM		NATIONAL ANTHEM
NOON	WOMEN	4 x 100M RELAY
12:07PM	MEN	4x100M RELAY
12:20PM	WOMEN	1500M RUN
12:35PM	MEN	1500M RUN
12:55PM	WOMEN	100M HURDLES
1:07PM	MEN	110M HURDLES
1:25PM	WOMEN	400M DASH
1:35PM	MEN	400M DASH
1:50PM	WOMEN	100M DASH
2:00PM	MEN	100M DASH
2:15PM	WOMEN	800M RUN
2:25PM	MEN	800M RUN
2:45PM	WOMEN	400M HURDLES
2:50PM	MEN	400M HURDLES
3:05PM	WOMEN	200M DASH
3:20PM	MEN	200M DASH
3:40PM	WOMEN	3000M STEEPLECHASE
3:55PM	MEN	3000M STEEPLECHASE
4:10PM	WOMEN	4 x 400M RELAY
4:20PM	MEN	4 x 400M RELAY