

David Hemery Valentine Track and Field Invitational

Feb 9th and 10th

Friday:

Field Events:

- 1:00pm Women's Long Jump, Triple Jump to follow. (Top 48 verifiable entry marks)
First jump measured then minimum marks of 5.00m/LJ and 10.00m/TJ required
- 1:00pm Women's Shot Put, Weight Throw to follow. (Top 48 verifiable entry marks)
- 1:00pm Women's High Jump (Top 48 verifiable entry marks)
- 1:00pm Women's Pole Vaults (Top 48 verifiable entry marks)

Running events:

- 1:00pm Women's 60H Trials
- 1:10pm Women's 800m
- 2:10pm Women's 60m Trials
- 2:25pm Women's 400m
- 3:15pm Women's 60H Finals
- 3:18pm Women's 60m Finals
- 3:20pm Women's 500m
- 3:55pm Women's 200m
- 4:30pm Women's 1000m
- 4:55pm Women's 1mile (Sec 2-20)
- 6:50pm Bruce Lehane Invitational Mile (Men's Pro Section first, Women's Sec I immediately after)
- 7:05pm Women's 4x400m
- 7:50pm Women's 3000m
- 9:30pm Women's 5000m
- 10:30pm Men's Distance Medley Relay



Saturday:

Field Events:

- 10:30am Men's Long Jump/Triple Jump to follow (top 48 verifiable entry marks)
First jump measured then minimum mark of 6.00m/LJ and 12.00/TJ required
- 10:30am Men's Shot Put/ Weight throw to follow (top 48 verifiable entry marks)
- 11:00am Men's High Jump (top 48 verifiable entry marks)
- 11:00am Men's Pole Vault (top 48 verifiable entry marks)

Running events:

- 10:00am Women's Distance Medley Relay
- 10:25am Men's 60H Trials
- 10:35am Men's 800m
- 11:45am Men's 60m Trials
- 11:55am Men's 400m
- 12:55pm Men's 60H Finals
- 12:57pm Men's 60m Finals
- 1:00pm Men's 500m
- 1:10pm Men's 200m
- 1:45pm Men's 1000m
- 2:05pm Men's 1mile (Sec 1-29)
- 4:25pm Men's 4x400m
- 5:15pm Men's 3000m (Verifiable entry standard of 8:50)
- 7:15pm Men's 5000m (Verifiable entry standard of 15:45)

Fast sections first

Vertical Jumps: Best Flight First

Horizontal Jumps: Best Flight Last