MINES Nature’s Bakery Invitational
Stermole Track & Field Complex - Golden, CO
* Preliminary Schedule

Friday, April 19th

**Field Events**

4:00pm  Javelin  *Men first, followed by Women
4:00pm  Shot Put  *Women first, followed by Men

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Saturday, April 20th

**Field Events**

10:00am  Pole Vault  *Women
10:00am  Hammer  *Women first, followed by Men
  **Discus (following hammer)  *Women first, followed by Men
11:00am  Long Jump  *Men first, followed by Women
  **Triple Jump (following long jump)  *Men first, followed by Women
11:30am  High Jump  *Men first, followed by Women
2:00pm  Pole Vault  *Men

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**Track Events**  * we will NOT roll ahead of schedule
* all heats will be seeded and contested fastest to slowest

3,000m SC  Women  11:00am
3,000m SC  Men  11:25am
4x100m Relay  Women  11:45am
4x100m Relay  Men  11:55am
1,500m  Women  NOON
1,500m  Men  12:15pm
100m hurdles  Women  12:35pm
110m hurdles  Men  12:45pm
400m  Women  12:55pm
400m  Men  1:15pm
100m  Women  1:30pm
100m  Men  1:40pm
800m  Women  1:50pm
800m  Men  2:00pm

*** Official’s break ***

400m hurdles  Women  2:20pm
400m hurdles  Men  2:30pm
200m  Women  2:45pm
200m  Men  2:50pm
5,000m  Women  3:00pm
5,000m  Men  3:25pm
4x400m Relay  Women  4:00pm
4x400m Relay  Men  4:10pm