

# JIM GREEN INVITATIONAL

January 11-12, 2019

**\*\*Revised\*\***

## Friday, January 11

3:00pm-Mens Weight Throw (2 flights) – 50'0 (15.24m) minimum measurement

Followed by-Womens Weight Throw (3 flights) – 50'0 (15.24m) minimum measurement

4:00pm-Mens High Jump –Finish Line pit -(progressions TBD later Wednesday)

4:15pm-Womens High Jump –Start Line pit -(progressions TBD later Wednesday)

7:00pm-Mens Distance Medley Relay

7:15pm-Womens Distance Medley Relay

## Saturday, January 12

### FIELD EVENTS-

11:00am-Womens Long Jump (3 flights) –Turf Pit (inside pit) -17'0" (5.18m) minimum measurement

11:00am-Mens Long Jump ( 3 flights) –Track Pit (outside pit) -21'6" (6.55m) minimum measurement

11:00am-Mens Shot Put (3 flights) – 45'0" (13.72m) minimum measure

Followed by-Womens Shot Put (4 flights) – 45'0" (13.72m) minimum measure

11:00am-Mens Pole Vault -(progressions TBD later Wednesday)

followed by-Womens Pole Vault -(progressions TBD later Wednesday)

3:00pm-Womens Triple Jump (2 flights) – Track Pit (outside pit) -no minimum measurement

3:00pm-Mens Triple Jump (1 flight) – Turf Pit (inside pit) -no minimum measurement

### RUNNING EVENTS-revised schedule

12:00pm- Mens 60m Hurdles Prelims (4 heats)

12:12pm- Womens 60m Hurdles Prelims (5 heats)

12:30pm- Mens 60m Dash Prelims (7 heats)

12:50pm- Womens 60m Dash Prelims (7 heats)

1:15pm- Mens 60m Hurdle Finals

1:20pm- Womens 60m Hurdle Finals

1:25pm- Mens 60m Dash Finals

1:30pm- Womens 60m Dash Finals

1:35pm- Mens Mile (3 sections)

1:55pm- Womens Mile (3 sections)

2:15pm- Mens 400 meters (8 sections)

2:35pm- Womens 400 meters (11 sections)

3:05pm- Mens 800 meters (6 sections)

3:30pm- Womens 800 meters (4 sections)

3:55pm- Mens 200 meters (13-15 sections) \*athletes must re-confirm after W 60m final but before Men's 400

4:25pm- Womens 200 meters (16-18 sections) \*athletes must re-confirm after W 60m final but before Men's 400

5:05pm- Mens 3000 meters (1 section)

5:20pm- Womens 3000 meters (2 sections)

5:45pm- Mens 1600m Relay (3-4 sections) \*teams must re-confirm after W 200m races but before Women's 3K

6:10pm- Womens 1600m Relay (3-4 sections) \*teams must re-confirm after W 200m races but before Women's 3K