

**SCHEDULE: JOHN JACOBS INVITATIONAL**  
**FRIDAY - SATURDAY, APRIL 21-22, 2023**

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The hammer throw and shot put will take place on Friday at 5:00PM. The main portion of the meet will begin at 10:00am on Saturday with the women's javelin. The running events will begin at 12:30pm as detailed below. In field events with multiple flights, the lower seeded section will compete first followed by the higher seeded section. Running events with multiple heats will proceed fastest to slowest.

**FIELD EVENTS**

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<u>Time</u>	<u>Event</u>	<u>Gender</u>
5:00 PM (Friday)	Hammer Throw	Women (Men to Follow)
5:00 PM (Friday)	Shot Put	Men (Women to Follow)
5:00 PM (Friday)	Long Jump	Women (Men to Follow)
10:00 AM	Javelin Throw	Women
11:00 AM	Pole Vault	Women
12:00 PM	Javelin Throw	Men
12:00 PM	Triple Jump	Women
12:00 PM	High Jump	Women
1:00 PM	Discus Throw	Women
2:00 PM	Pole Vault	Men
2:30 PM	High Jump	Men
2:30 PM	Triple Jump	Men
2:45 PM	Discus Throw	Men

**RUNNING EVENTS**

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<u>Time</u>	<u>Event</u>	<u>Gender</u>
7:30 PM (Friday)	5000 Meter Run	Women
8:00 PM (Friday)	5000 Meter Run	Men
12:20 PM	National Anthem	
12:30 PM	4 X 100 Meter Relay	Women
12:35 PM	4 X 100 Meter Relay	Men
12:45 PM	1500 Meters	Women
1:05 PM	1500 Meters	Men
1:25 PM	100 Meter Hurdles	Women
1:35 PM	110 Meter Hurdles	Men
1:50 PM	400 Meter Dash	Women
2:00 PM	400 Meter Dash	Men
2:15 PM	Senior Recognition	
2:55 PM	100 Meter Dash	Women
3:05 PM	100 Meter Dash	Men
3:15 PM	800 Meters Run	Women
3:35 PM	800 Meters Run	Men
3:55 PM	400 Meter Hurdles	Women
4:05 PM	400 Meter Hurdles	Men
4:20 PM	200 Meter Dash	Women
4:35 PM	200 Meter Dash	Men
4:55 PM	3000 Meter Steeplechase	Women
5:10 PM	3000 Meter Steeplechase	Men
5:25 PM	4 X 400m Relay	Women
5:30 PM	4 X 400m Relay	Men