SCHEDULE: SOONER INVITATIONAL & MULTI
FRIDAY - SATURDAY, APRIL 14-15, 2023

FRIDAY

Multi Events Estimated Start Time

10:30AM	100 Meter Hurdles	Women
10:40AM	100 Meter Dash	Men
~11:10AM	*High Jump*	*Women*
~11:20AM	*Long Jump*	*Men*
~12:50 PM	*Shot Put*	*Women*
~12:50 PM	*Shot Put*	*Men*
~2:10PM	*High Jump*	*Men*
~2:30PM	*200M*	*Women*
~3:50PM	*400M*	*Men*

Field Events

10:30 AM	Hammer Throw	Women
2:30 PM	Javelin	Men
4:30 PM	Hammer Throw	Men
4:30 PM	Shot Put	Women
4:30 PM	Long Jump	Women
6:00 PM	Pole Vault	Men
7:00 PM	Shot Put	Men
7:00 PM	Long Jump	Men

Running Events

6:00 PM	100 Meter Hurdles Prelim	Women
	110 Meter Hurdles Prelim	Men
	100 Meter Prelim	Women
	100 Meter Prelim	Men
	5000 Meter Run	Women
	5000 Meter Run	Men

SCHEDULE: SOONER INVITATIONAL & MULTI
SATURDAY

Multi Events

10:30 AM	Long Jump	Women
10:30 AM	110 Hurdles	Men
~11:20 AM	Discus	Men
~12:20 PM	Javelin	Women
~1:10 PM	Pole Vault	Men
~1:45 PM	800 Meter	Women
~3:15 PM	Javelin	Men
~4:25 PM	1500 Meter	Men

Field Events

9:00 AM	Javelin Throw	Women
11:30 AM	High Jump	Women
1:30 PM	Discus Throw	Women
2:00 PM	High Jump	Men
2:00 PM	Triple Jump	Women
4:00 PM	Pole Vault	Women
4:00 PM	Triple Jump	Men
4:45 PM	Discus Throw	Men

Running Events

12:50 PM	National Anthem	
1:00 PM	4 X 100 Meter Relay	Women
1:05 PM	4 X 100 Meter Relay	Men
1:15 PM	1500 Meter	Women
1:35 PM	1500 Meter	Men
2:00 PM	400 Meter	Women
2:15 PM	400 Meter	Men
2:50 PM	100 Meter Hurdles Final	Women
3:00 PM	110 Meter Hurdles Final	Men
3:10 PM	100 Meter Final	Women
3:20 PM	100 Meter Final	Men
3:35 PM	800 Meter	Women
3:55 PM	800 Meter	Men
4:20 PM	400 Meter Hurdles	Women
4:30 PM	400 Meter Hurdles	Men
4:40 PM	200 Meter	Women
4:55 PM	200 Meter	Men
5:20 PM	3000 Meter Steeplechase	Women
5:35 PM	3000 Meter Steeplechase	Men
5:50 PM	Sorority 4 X 100 Meter Relay	Men
5:55 PM	Fraternity 4 X 100 Meter Relay	Men
6:00 PM	4 X 400m Relay	Women
6:10 PM	4 X 400m Relay	Men