

2023 BRYAN CLAY INVITATIONAL
April 13 (Thursday), 14 (Friday), 15 (Saturday)
MEET SCHEDULE UPDATED 4/9/23 @ 9:00 PM

THURSDAY [April 13th]

OVERVIEW: Multi, Steeple, Invite 10k

8:00 AM	Hep 100m H [Section D],9:00 HJ, 11:00 SP, 1:00 PM 200m
9:30 AM	Hep 100m H [Section C],10:00 HJ, 12:00 SP, 1:00 PM 200m
11:00 AM	Dec 100m [Section C], 11:45 LJ, 1:00 SP, 2:00 HJ, 4:00 PM 400m
12:00 PM	Dec 100m [Section B], 12:45 LJ, 2:00 SP, 3:00 HJ, 5:00 PM 400m
12:30 PM	Hep 100m H [Section B], 1:15 HJ, 3:30 SP, 4:30 PM 200m
1:00 PM	Hep 200m [Sections D and C]** 6 Heats
2:30 PM	Hep 100m H [Section A], 3:15 HJ, 5:15 SP, 6:15 PM 200m
2:45 PM	Dec 100m [Section A], 3:30 LJ, 4:30 SP, 5:30 HJ, 7:30 PM 400m
4:00 PM	Dec 400m [Section C]** 2 Heats
4:30 PM	Hep 200m [Section B]** 2 Heats
5:00 PM	Dec 400m [Section B]** 2 Heats
6:15 PM	Hep 200m [Section A]** 2 Heats
6:45 PM	W Steeple [slow to fast] 7 Heats
8:09 PM	Dec 400m [Section A]** 2 Heats Between Women's and Men's Steeple
8:15 PM	M Steeple [fast to slow] 8 Heats
9:35 PM	W Invite 10k Heat 1
10:10 PM	M Invite 10k Heat 1
10:40 PM	W Invite 10k Heat 2
11:26 PM	M Invite 10k Heat 2

** Estimate start time off a rolling time schedule.

FRIDAY Field Events [April 14th]

Hammer Throw: At Citrus College Hammer Cage

9:00 AM	Men's Hammer (4 Flights and FINALS, best flight last)
	Women's Hammer to follow (4 Flights and FINALS, best flight last)

Men's Discus Throw: At Citrus College Hammer Cage (following hammer competition)

4:00 PM	Men's Discus (3 flights and FINALS, best flight last)
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Women's Discus Throw: At Azusa Pacific Track (following decathlon discus)

5:00 PM	Women's Discus (4 flights and FINALS, best flight last)
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Heptathlon:

9:00 AM	Heptathlon LJ [Section D, Flight 1] , 10:15 JT, 12:45 800m
10:00 AM	Heptathlon LJ (Section D, Flight 2), 11:15 JT, 12:45 800m
11:00 AM	Heptathlon LJ [Section C, Flight 1] , 12:15 JT, 3:15 800m
12:30 PM	Heptathlon LJ [Section C, Flight 2], 1:30 JT, 3:15 800m
2:00 PM	Heptathlon LJ [Section B], 3:15 JT, 6:10 800m
3:15 PM	Heptathlon LJ [Section A], 4:15 JT, 6:10 800m

Decathlon:

12:30 PM	Decathlon 110 H [Section C], 1:15 DT, 2:30 PV, 5:00 JT, 7:28 PM 1500m
1:30 PM	Decathlon 110 H [Section B], 2:15 DT, 3:30 PV, 6:00 JT, 7:28 PM 1500m
2:00 PM	Decathlon 110 H [Section A], 3:30 DT, 4:45 PV, 7:00 JT, 8:32 PM 1500m

FRIDAY Track Events [April 14th]

Track Time Schedule:

7:00 AM	M Open 10k	[slow to fast]	3 Heats
8:40 AM	W Open 10k	[fast to slow]	2 Heats
10:00 AM	M Open B 5k	[fast to slow]	4 Heats
11:05 AM	W Open B 5k	[fast to slow]	4 Heats
12:30 PM	Decathlon 110 H	[Section C]	4 Heats
1:00 PM	Heptathlon 800	[Sections D]	2 Heats - double waterfall
1:30 PM	Decathlon 110 H	[Section B]	4 Heats
2:00 PM	Decathlon 110 H	[Section A]	4 Heats
2:30 PM	W Open 800	[fast to slow]	15 Heats - waterfall (12/heat)
3:15 PM	Heptathlon 800	[Sections C]	2 Heats - double waterfall
3:20 PM	M Open 800	[fast to slow]	15 Heats - waterfall (12/heat)
4:05 PM	W Invite 800	[fast to slow]	20 Heats - lanes (8/heat)
5:05 PM	M Invite 800	[fast to slow]	20 Heats - lanes (8/heat)
6:10 PM	Heptathlon 800	[Section A and B]	2 Heats - double waterfall

Men's & Women's Open A 5k [Alternating Gender, SLOW to FAST] 5 heats/gender

6:20 PM	W Open A 5k Ht 1		
6:38 PM	M Open A 5k Ht 1		
6:54 PM	W Open A 5k Ht 2		
7:12 PM	M Open A 5k Ht 2		
7:28 PM	Decathlon 1500	[Section C and B]	2 Heats
7:40 PM	W Open A 5k Ht 3		
7:58 PM	M Open A 5k Ht 3		
8:14 PM	W Open A 5k Ht 4		
8:32 PM	Decathlon 1500	[Section A]	1 Heat
8:38 PM	M Open A 5k Ht 4		
8:54 PM	W Open A 5k Ht 5		
9:12 PM	M Open A 5k Ht 5		

Men's & Women's Invite 5k [Alternating Gender, FAST to SLOW] 4 heats/gender

9:30 PM	W Invite 5k Ht 1
9:47 PM	M Invite 5k Ht 1
10:02 PM	W Invite 5k Ht 2
10:19 PM	M Invite 5k Ht 2
10:35 PM	W Invite 5k Ht 3
10:53 PM	M Invite 5k Ht 3
11:09 PM	W Invite 5k Ht 4
11:27 PM	M Invite 5k Ht 4

2023 BRYAN CLAY INVITATIONAL

SATURDAY [April 15th]

RUNNING EVENTS

8:50 AM	Welcome Prayer & National Anthem	
9:00 AM	M 4x100	4 Heats
9:15 AM	W 4x100	4 Heats
9:30 AM	M 400	14 Heats
10:12 AM	W 400	17 Heats
11:00 AM	M 100	13 Heats
11:30 AM	W 100	15 Heats
12:15 PM	M 110 Hurdles	6 Heats
12:50 PM	W 100 Hurdles	11 Heats
1:35 PM	M 400 Hurdles	10 Heats
2:10 PM	W 400 Hurdles	11 Heats
2:45 PM	M 200	17 Heats
3:30 PM	W 200	17 Heats
4:00 PM	M 4x400	5 Heats
4:20 PM	W 4x400	5 Heats

1500 Heats Begin: Run in Chronological Order

5:00 PM	W Open B 1500	10 Heats [Slow to Fast]
6:00 PM	M Open B 1500	12 Heats [Slow to Fast]
7:10 PM	W Invite 1500	12 Heats [Slow to Fast]
8:20 PM	M Invite 1500	12 Heats [Fast to Slow]
9:30 PM	W Open A 1500	12 Heats [Fast to Slow]
10:40 PM	M Open A 1500	12 Heats [Fast to Slow]

FIELD EVENTS (4 attempts in throws and horizontal jumps)

9:00 AM	Women's Long Jump (5 flights and FINALS)
9:00 AM	Men's Long Jump (5 flights and FINALS)
10:00 PM	Men's Javelin (3 flights with FINALS)
10:00 AM	Women's High Jump C (North Pit)
10:00 AM	Women's Pole Vault C (East Pit)
11:00 AM	Women's Shot Put (4 flights and FINALS)
1:00 PM	Women's Javelin (3 flights and FINALS)
12:00 PM	Men's High Jump A (South Pit)
1:00 PM	Women's High Jump A (North Pit)
1:00 PM	Men's Pole Vault A (West Pit)
1:00 PM	Women's Pole Vault A (East Pit)
2:00 PM	Men's Triple Jump (4 flights and FINALS)
2:00 PM	Women's Triple Jump (6 flights and FINALS)
2:30 PM	Men's Shot Put (3 flights and FINALS)
3:00 PM	Men's High Jump B (South Pit)
4:00 PM	Women's High Jump B (North Pit)
4:00 PM	Men's Pole Vault B (West Pit)
4:00 PM	Women's Pole Vault B (East Pit)