

Wake Forest Open

Tentative Time Schedule

Friday, March 24

Field Events

4:00pm	Long Jump	(men and women)
	Pole Vault	(women)
	Javelin	(men)
6:00pm	Shot Put	(women)

Running Events- women followed by men

6:00pm	3000m Steeplechase
6:45pm	5000m

Saturday, March 25

Field Events

9:00am	Hammer	(women)
10:00am	Triple Jump	(men and women)
10:30am	Pole Vault	(men)
11:00am	Hammer	(men)
	High Jump	(women)
1:00pm	Shot Put	(men)
1:00pm	Discus	(women)
	High Jump	(men)
3:00pm	Discus	(men)
5:00pm	Javelin	(women)

Running Events-women followed by men

1:30pm	400m Relay
1:45pm	1500m
2:15pm	100m/110m Hurdles
2:45pm	400m
3:10pm	100m
3:30pm	800m
3:50pm	400m Hurdles
4:10pm	200m
4:40pm	3000m
5:15pm	1600m Relay