

## **FINAL SCHEDULE: JOHN JACOBS INVITATIONAL**

**FRIDAY - SATURDAY, APRIL 18-19, 2014**

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The hammer throw will take place on Friday at 5:00PM. The main portion of the meet will begin at 11:00am on Saturday with the women's javelin. Other field events as well as the running events will begin at noon 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)
11:00 AM	Javelin Throw	Women
12:00 PM	Long Jump	Women / Men (2 Pits)
12:00 PM	High Jump	Women
12:00 PM	Pole Vault	Women
12:15 PM	Javelin Throw	Men
1:30 PM	Discus Throw	Women
1:30 PM	Shot Put	Men
2:30 PM	Pole Vault	Men
2:30 PM	High Jump	Men
2:30 PM	Triple Jump	Women / Men (2 pits)
3:00 PM	Discus Throw	Men
3:00 PM	Shot Put	Women

### **RUNNING EVENTS**

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<u>Time</u>	<u>Event</u>	<u>Gender</u>
12:15 PM	3000 Meter Steeplechase	Women
12:30 PM	3000 Meter Steeplechase	Men
12:45 PM	4 X 100 Meter Relay	Women
12:50 PM	4 X 100 Meter Relay	Men
1:00 PM	1500 Meter Run	Women
1:10 PM	1500 Meter Run	Men
1:20 PM	100 Meter Hurdles	Women
1:30 PM	110 Meter Hurdles	Men
1:40 PM	400 Meter Dash	Women
1:45 PM	400 Meter Dash	Men
1:55 PM	100 Meter Dash	Women
2:00 PM	100 Meter Dash	Men
2:05 PM	SENIOR RECOGNITION	
2:25 PM	800 Meters Run	Women
2:30 PM	800 Meters Run	Men
2:40 PM	400 Meter Hurdles	Women
2:45 PM	400 Meter Hurdles	Men
2:55 PM	200 Meter Dash	Women
3:00 PM	200 Meter Dash	Men
3:10 PM	3000 Meter Run	Women
3:25 PM	3000 Meter Run	Men
3:40 PM	4 X 400m Relay	Women
3:45 PM	4 X 400m Relay	Men