



Alden Invitational Schedule of Events

FINAL

FIELD EVENTS

9:45 AM	National Anthem
10:00 AM	WEIGHT THROW (M-W)
<i>to follow WT</i>	SHOT PUT (M-W)
11:00 AM	LONG JUMP (M-W)
<i>to follow LJ</i>	TRIPLE JUMP (M-W)
11:00 AM	POLE VAULT (M-W)
11:00 AM	HIGH JUMP (W-M)

RUNNING EVENTS

11:30 AM	WOMENS 60M HURDLE TRIALS
11:50 AM	MENS 60M HIGH HURDLE TRIALS
12:15 PM	WOMENS 60M DASH TRIALS
12:30 PM	MENS 60M DASH TRIALS
12:45 PM	WOMENS MILE
1:00 PM	MENS MILE
1:20 PM	WOMENS 60M HURDLE FINAL
1:25 PM	MENS 60M HIGH HURDLE FINALS
1:35 PM	WOMENS 60M DASH FINALS
1:40 PM	MENS 60M DASH FINALS
1:50 PM	WOMENS 500M
2:00 PM	MENS 500M
2:10 PM	WOMENS 300M
2:40 PM	MENS 300M
3:05 PM	WOMENS 1000M
3:15 PM	MENS 1000M
3:25 PM	WOMENS 3000M
3:40 PM	MENS 3000M
4:05 PM	WOMENS 4X400M
4:15 PM	MENS 4X400M

Minimum mark rules will be in effective for Weight Throw, Shot Put, and Long Jump. Adjustments to marks listed in meet information.