## TSU Invite Information Packet

8:00 A.M. Mile Run Women/Men

## \*\* Each athlete receives 4 attempts per field event (LJ, TJ, SP, and WT)

## 8:00 Field Events

Pole Vault Women/Men High Jump Women/Men

Long Jump Men/Women

Triple Jump (After LJ) Men/Women

Shot Put Women/Men

Weight Throw Women/Men

## 10:30 Running Events

**Rolling Time Schedule** 

55m Hurdles Prelims Women/Men

55m Prelims Women/Men

Distance Medley Relay Women/Men

\*\*Two heat finals 55m Hurdles Finals\*\* Women/Men

55m Finals\*\* Women/Men

400m Women/Men

800m Women/Men

200m Women/Men

5000m Women/Men

4x400m Relay Women/Men