



HOWIE RYAN INVITATIONAL

FINAL SCHEDULE - FEB. 9, 2018

FIELD EVENTS:

11:00 AM	WOMEN	WEIGHT THROW	TRIALS & FINAL	9 ADVANCE
	MEN	WEIGHT THROW	TRIALS & FINAL	9 ADVANCE
	WOMEN	LONG JUMP	TRIALS & FINAL	9 ADVANCE
	MEN	LONG JUMP	TRIALS & FINAL	9 ADVANCE
12:00 PM	WOMEN	HIGH JUMP	FINAL	
	MEN	HIGH JUMP	FINAL	
1:00	WOMEN	POLE VAULT	FINAL	
	MEN	POLE VAULT	FINAL	
2:00	WOMEN	SHOT PUT	TRIALS & FINAL	9 ADVANCE
	MEN	SHOT PUT	TRIALS & FINAL	9 ADVANCE
3:30	WOMEN	TRIPLE JUMP	TRIALS & FINAL	9 ADVANCE
	MEN	TRIPLE JUMP	TRIALS & FINAL	9 ADVANCE

RUNNING EVENTS: REVISED TIME SCHEDULE

1:00 PM	WOMEN	60M HURDLES	PRELIMS	6 HEATS
1:15	MEN	60M HURDLES	PRELIMS	6 HEATS
1:30	WOMEN	60M	PRELIMS	6 HEATS
1:45	MEN	60M	PRELIMS	6 HEATS
2:00	WOMEN	3000	FINAL	2 HEATS
2:25	MEN	3000	FINAL	2 HEATS
2:45	WOMEN	60M HURDLES	SEMI-FINAL	
2:55	MEN	60M HURDLES	SEMI-FINAL	
3:05	WOMEN	60M	SEMI-FINAL	
3:15	MEN	60M	SEMI-FINAL	
3:25	WOMEN	MILE	FINAL	2 HEATS
3:45	MEN	MILE	FINAL	2 HEATS
4:05	WOMEN	60M HURDLES	FINAL	
4:15	MEN	60M HURDLES	FINAL	
4:25	WOMEN	60M	FINAL	
4:35	MEN	60M	FINAL	
4:45	WOMEN	400M	FINAL	9 HEATS
5:05	MEN	400M	FINAL	8 HEATS
5:25	WOMEN	800M	FINAL	4 HEATS
5:40	MEN	800M	FINAL	3 HEATS
5:55	WOMEN	200M	FINAL	10 HEATS
6:15	MEN	200M	FINAL	7 HEATS
6:35	WOMEN	DISTANCE MEDLEY RELAY	FINAL	
6:50	MEN	DISTANCE MEDLEY RELAY	FINAL	
7:05	WOMEN	4X400M RELAY	FINAL	2 HEATS
7:20	MEN	4X400M RELAY	FINAL	2 HEATS

THE FOLLOWING MINIMUM MARKS WILL BE IMPLEMENTED FOR THIS WEEKEND'S MEET	
MEN'S TRIPLE UMP	14.30M
WOMEN'S TRIPLE JUMP	11.50M
MEN'S LONG JUMP	6.75M
WOMEN'S LONG JUMP	5.30M
MEN'S SHOT PUT	15.00M
WOMEN'S SHOT PUT	12.50M
MEN'S WEIGHT THROW	14.50M
WOMEN'S WEIGHT THROW	14.50M

NOTES: THIS SCHEDULE IS INTENDED AS A GUIDE FOR ATHLETES TO WARM UP. DUE TO THE SIZE OF THE MEET, WE ARE EXPECTING TO RUN LONG, HOWEVER WE WILL ROLL THE SCHEDULE TO UPCOMING EVENTS IF TIMING PERMITS.

THE MEN/WOMEN'S FIELD EVENTS WILL IMMEDIATELY FOLLOW EACH OTHER. THE WOMEN'S SHOT PUT WILL IMMEDIATELY FOLLOW THE MEN'S WEIGHT THROW.