2016 Wake Forest Open
Tentative Schedule

Friday, March 18th

Field Events
9:30am  Hammer  (Women)
9:30am  Shot Put  (Men)
11:00am Pole Vault  (Men-B section)
11:00am High Jump  (Women-B section)
12:30pm Cliff Neal Hammer  (Men)
12:30pm Shot Put  (Women)
2:00pm  Triple Jump  (Men and Women)
2:00pm  High Jump  (Women- A section)
2:30pm  Pole Vault  (Men- A section)
4:30pm  Javelin  (Men)

** The long throws will be run on a continuous time schedule at close to approx. time, but may move up**

** Shot Put will take place on the upper throws complex**

Running Events- women followed by men
1:00pm  100m Hurdles Prelims  (Women)
1:25pm  110m Hurdles Prelims  (Men)
1:45pm  100m Prelims  (Women / Men)
2:35pm  1500m (Slower Sections)  (Women / Men)
3:30pm  110m Hurdle Final  (Men)
3:40pm  100m Hurdle Final  (Women)
3:50pm  100m Final  (Women / Men)
4:00pm  400m Final  (Women / Men)

6:00pm  3000m Steeplechase  (Women / Men)
6:30pm  1500m (Top 2 sections)  (Women / Men)
6:55pm  5000m  (Women / Men)

Saturday, March 19th

Field Events
9:00am  Javelin  (Women)
10:00am Pole Vault  (Women-B section)
10:00am High Jump  (Men-B section)
10:00am Long Jump  (Men / Women)
11:30am Discus  (Men)
1:00pm  High Jump  (Men- A section)
1:00pm  Pole Vault  (Women- A section)
2:30pm  Discus  (Women)

** The long throws will be run on a continuous time schedule at close to approx. time, but may move up**

** Shot Put will take place on the upper throws complex**

Running Events- women followed by men
11:00am  400m Relay  (Women / Men)
11:30am  800m  (Women / Men)
12:30pm  400m Hurdles  (Women / Men)
1:15pm  200m  (Women / Men)
2:30pm  3000m  (Women / Men)
3:20pm  1600m Relay  (Women / Men)