

MSSU Lion Invitational

ORDER OF EVENTS

Friday Jan 27th

PENT/HEP:

10:00 AM	Pent 60h	Women
10:15 AM	Hep 60m	Men
	Pent High Jump	Women
	Hep Long Jump	Men
	Hep Shot Put	Men
	Pent Shot Put	Women
	Hep High Jump	Men
	Long Jump	Women
	800m	Women

FIELD EVENTS

2:30 PM	Men's Long Jump / Men's Wt. Throw
4:00 PM	Women's Long Jump / Women's Wt. Throw

RUNNING EVENTS

Women followed by Men unless noted, Heats will be fast to slow

5:00 PM	Men's - 60m Dash Prelims (Top 12 times advance to 2 Heat final on Sat.)
5:20 PM	Women's - 60m Dash Prelims (Top 12 times advance to 2 Heat final on Sat.)
5:35 PM	Men's - 60m Hurdles Prelims (Top 12 times advance to 2 Heat final on Sat.)
5:50 PM	Women's - 60m Hurdles Prelims (Top 12 times advance to 2 Heat final on Sat.)
6:05 PM	Women's - Distance Medley Relay
6:20 PM	Men's - Distance Medley Relay
6:35 PM	Women's - 200m Finals (Sect. against time)
6:50 PM	Men's - 200m Finals (Sect. against time)
7:10 PM	Women's - 3000m Final (Sect. against time)
7:35 PM	Men's - 3000m Final (Sect. against time)

Saturday Jan 28th

HEP:

10:00 AM	Hep 60m	Men
	Hep Pole Vault	Men
	Hep 1000m	Men

FIELD EVENTS

10:30 AM	Men's Shot/Women's Triple Jump
11:30 AM	Women's Shot/Men's Triple Jump/Women's High Jump
12:30 PM	Women's Pole Vault
1:30 PM	Men's High Jump
2:30 PM	Men's Pole Vault

RUNNING EVENTS

Women followed by Men, Heats will be fast to slow

3:00 PM	Women's - 60m Hurdles Finals (2 Heat finals)
3:08 PM	Men's - 60m Hurdles Finals (2 Heat finals)
3:15 PM	Women's - 60m Dash Finals (2 Heat finals)
3:20 PM	Men's - 60m Dash Finals (2 Heat finals)
3:25 PM	Women's - Mile Run (Sect. against time)
3:55 PM	Men's - Mile Run (Sect. against time)
4:20 PM	Women's - 400m Dash (Sect. against time)
4:35 PM	Men's - 400m Dash (Sect. against time)
4:55 PM	Women's - 600yd (Sect. against time)
5:05 PM	Men's - 600yd (Sect. against time)
5:15 PM	Women's - 800m (Sect. against time)
5:30 PM	Men's - 800 (Sect. against time)
5:40 PM	Women's - 5000m Run
6:05 PM	Men's - 5000m Run
6:25 PM	Women's - 1600m Relays (Sect. against time)
6:40 PM	Men's - 1600m Relays (Sect. against time)