

SAM HOWELL MEMORIAL INVITATION**APRIL 5-6, 2013****UPDATED SCHEDULE****FRIDAY**

Hammer (Men)	4:00 pm	2 flights
Discus (Women with Men to follow)	5:00 pm	2 flights
10,000m – Men’s “B” heat	5:15 pm	1 heat
3000m – Men’s Steeplechase	6:00 pm	2 heats
3000m – Women’s Steeplechase	6:30	1 heat
1500m Elite– Men’s	6:45	4 heats
1500m Elite – Women’s	7:15	2 heats
5000m – Men’s	7:30	3 heats
5000m – Women’s	8:20	2 heats
10,000m – Men’s	9:00	1 heat
10,000m – Women’s	9:35	1 heat

SATURDAY

4x100 Relay – Women	Noon	2 heats
4x100 Relay – Men	12:10 pm	2 heats
1,500 – Women	12:20	2 heats
1,500 – Men	12:35	3 heats
100 M Hurdles – Women	1:00	4 heats
110 M Hurdles – Men	1:15	3 heats
400 M – Women	1:35	5 heats
400 M – Men	1:55	5 heats
100 M – Women	2:15	4 heats
100 M – Men	2:30	5 heats
800 M – Women	2:50	5 heats
800 M – Men	3:15	5 heats
400 M Intermediate Hurdles – Women	3:40	4 heats
400 M Intermediate Hurdles – Men	4:00	4 heats
200 M - Women	4:20	5 heats
200 M – Men	4:40	5 heats
3,000 M - Women	5:00	2 heats
4x400 M Relay – Women	5:25	3 heats
4x400 M Relay – Men	5:45	4 heats

FIELD EVENTS

Hammer Throw - (Women)	11:00 am	2 flights
Shot Put- (Men, Women to follow)	12:00 noon	2 flights
High Jump - (Women, followed by Men)	12:00 noon	
Long Jump - Women (Outside Pit)	12:00 noon	2 flights
Followed by Triple Jump – Women		
Long Jump – Men (Inside Pit)	12:00 noon	2 flights
Followed by Triple Jump –Men		
Pole Vault (Men)	12:00 noon	
Pole Vault (Women)	2:30 pm	
Javelin Throw - Men followed by Women	1:30 pm	2 flights