



**2019 BEN BROWN TRACK & FIELD INVITATIONAL
TENTATIVE TIME SCHEDULE**

FIELD EVENTS

Friday, March 8th

10:30am	M	Hammer "B"
12:00pm	W	Hammer "B"
1:00pm	W	Hammer "A"
2:30pm	M	Hammer "A"
12:30pm	W	Javelin
2:45pm	M	Javelin
12:00pm	W	Long Jump "B"
1:30pm	M	Long Jump "B"
11:00am	M	Pole Vault "B"
2:00pm	W	Pole Vault "B"

Saturday, March 9th

12:30pm	W	Long Jump "A"
1:45pm	M	Long Jump "A"
3:15pm	W	Triple Jump
4:30pm	M	Triple Jump
1:00pm	M	Pole Vault "A"
3:30pm	W	Pole Vault "A"
1:00pm	M	High Jump
4:00pm	W	High Jump
10:00am	W	Discus "B"
11:45am	M	Discus "B"
1:00pm	W	Discus "A"
2:30pm	M	Discus "A"
1:30pm	M	Shot Put "B"
3:15pm	W	Shot Put
4:45pm	M	Shot Put "A"

RUNNING EVENTS

Saturday, March 9th

10:30am	M	400m "B"
10:50am	W	400m "B"
11:00am	M	800m "B"
11:15am	W	800m "B"
11:25am	M	100m "B"
11:45pm	W	100m "B"
12:00pm	M	MILE "B"
12:10PM	w	MILE "B"
12:20pm	M	200m "B"
12:35pm	W	200m "B"
1:30pm	M	400H
1:50pm	W	400H
2:05pm	M	4x100m
2:15pm	W	4x100m
2:20pm	M	800m
2:35pm	W	800m
2:50pm	M	100m
3:05pm	W	100m
3:20pm	M	400m
3:35pm	W	400m
3:55pm	M	110H
4:15pm	W	100H
4:30pm	M	200m
4:45pm	W	200m
5:00pm	M	MILE
5:15pm	W	MILE
5:30pm	M	4x400m
5:45pm	W	4x400m
6:15pm	M	3000m SC
6:30pm	W	3000m SC
6:50pm	M	5000m "B"
7:10pm	M	5000m "A"
7:30pm	W	5000m "A"
7:55pm	M	5000m "C"