

**2023 OEC Invitational Meet Schedule
Friday February 24, 2023**

Field Events		Track Events		
Jumps				
10:00	Women's Long Jump	12:00	Women's	400mR
10:00	Women's Pole Vault	12:10	Men's	400mR
12:00	Men's Long Jump	12:20	Women's	1500m
12:00	Men's Pole Vault	12:35	Men's	1500m
2:00	Women's Triple Jump	12:50	Women's	100mH
2:00	Men's High Jump	1:00	Men's	110mH
4:00	Men's Triple Jump	1:15	Women's	400m
4:00	Women's High Jump	1:25	Men's	400m
		1:35	Women's	100m
Throws		1:50	Men's	100m
10:00	Men's Javelin	2:10	Women's	800m
10:00	Women's Hammer	2:20	Men's	800m
12:00	Men's Hammer	2:35	Women's	400mH
12:00	Women's Javelin	2:50	Men's	400mH
2:00	Women's Shot Put	3:05	Women's	200m
2:00	Men's Shot Put	3:20	Men's	200m
4:00	Women's Discus	3:35	Women's	5k
4:00	Men's Discus	4:05	Men's	5k
		4:30	Women's	1600mR
		4:40	Men's	1600mR

Schedule may expand depending on number of entries. Events will NOT begin earlier than listed here. An updated schedule will be distributed after the meet is seeded.

Pyramid Spikes ONLY--1/4" or Shorter