

## 2023 Saddleback Invitational Meet Schedule (Final Revised)

Saturday March 4, 2023

Field Events		Track Events	
Jumps		10:00	Women's 3000mSC
10:00	Women's Long Jump	10:20	Men's 3000mSC
10:00	Women's Pole Vault	10:35	Women's 400mR
12:30	Men's Long Jump	10:40	Men's 400mR
12:00	Men's Pole Vault	10:50	Women's 1500m
3:30	Women's Triple Jump	11:15	Men's 1500m
3:30	Men's High Jump	11:45	Women's 100mH
4:30	Men's Triple Jump	12:00	Men's 110mH
4:30	Women's High Jump	12:15	Women's 400m
Throws		12:25	Men's 400m
10:00	Men's Javelin	12:40	Women's 100m
10:00	Women's Hammer	12:55	Men's 100m
12:30	Men's Hammer	1:20	Women's 800m
12:30	Women's Javelin	1:45	Men's 800m
2:00	Women's Shot Put	2:30	Women's 400mH
2:00	Men's Shot Put	2:35	Men's 400mH
4:45	Women's Discus	2:45	Women's 200m
4:45	Men's Discus	3:05	Men's 200m
		3:35	Women's 5k
		4:05	Men's 5k
		4:25	Women's 1600mR
		4:35	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