



Bob Larsen Distance Carnival  
Rafer and Betsy Johnson Track/Drake Stadium  
Friday, March 24, 2023

**Friday Track Events**

TIME	EVENT	NOTES
5:00 PM	Women's 3000M Steeple	1 Heat
5:15 PM	Men's 3000M Steeple	1 Heat
5:30 PM	Women's 5000M	1 Heat
6:00 PM	Men's 5000M	2 Heats
6:45 PM	Women's 1500M	5 Heats
7:15 PM	Men's 1500M	4 Heats
7:35 PM	Women's 10,000M	1 Heat
8:25 PM	Men's 10,000M	1 Heat

**Friday Field Events**

TIME	EVENT	NOTES
1:00 PM	Men's Hammer Throw	1 Flight
	Women's Hammer Throw to follow Men's	2 Flights
4:00 PM	Men's Javelin Throw	1 Flight
	Women's Javelin Throw to follow Men's	1 Flight