

# BEACH OPENER

[Jack Rose Track](#) • Long Beach State University

**Friday, March 1, 2024**

*(Final Schedule as of February 28, 2024)*

## **COMBINED UNIVERSITY/OPEN/COMMUNITY COLLEGE THROWING EVENTS TIME SCHEDULE**

Time	Event	Location	Flights
11:00 a.m.	Men's Hammer Throw	North Ring-Outfield	Flights 1-2
11:00 a.m.	Women's Javelin	North Runway	Flights 1-2
02:00 p.m.	Men's Javelin	South Runway	Flights 1-2
02:30 p.m.	Women's Hammer	North Ring-Outfield	Flights 1-3

# BEACH OPENER

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**Saturday, March 2, 2024**

*(Final Schedule as of February 28, 2024)*

## **UNIVERSITY / OPEN / COMMUNITY COLLEGE THROWING EVENTS TIME SCHEDULE**

Time	Event	Location	Flights
10:00 a.m.	Women's Discus	Infield	Flights 1-3
10:00 a.m.	Men's Shot Put	West Ring	Flights 1-3
12:30 p.m.	Women's Shot Put	West Ring	Flights 1-3
12:30 p.m.	Men's Discus	Infield	Flights 1-3

## **UNIVERSITY / OPEN / ELITE COMMUNITY COLLEGE JUMPING EVENTS TIME SCHEDULE**

Time	Event	Location	Flights
10:00 a.m.	Men's Pole Vault	West Runway	Flight 1
10:00 a.m.	Women's Pole Vault	East Runway	Flight 1
10:00 a.m.	Women's Long Jump	East Runway	Flights 1-3
10:00 a.m.	Men's Long Jump	West Runway	Flights 1-3
10:30 p.m.	Women's High Jump	West Pit	Flight 1
10:30 p.m.	Women's High Jump	East Pit	Flight 2
11:00 a.m.	Women's Pole Vault	East Runway	Flight 1
12:30 p.m.	Men's High Jump	West Pit	Flight 1
12:30 p.m.	Men's High Jump	East Pit	Flight 2
12:30 p.m.	Men's Pole Vault	West Runway	Flight 1
01:30 p.m.	Women's Triple Jump	East Runway	Flights 1-2
01:30 p.m.	Men's Triple Jump	West Runway	Flights 1-2

## **UNIVERSITY / OPEN / ELITE COMMUNITY COLLEGE TRACK EVENTS TIME SCHEDULE**

Start	Event	Heats
09:35 a.m.	Men's 5,000 Meters	1 heat
09:55 a.m.	<b>NATIONAL ANTHEM</b>	
10:00 a.m.	Women's 3,000 Meter Steeple Chase	1 heat
10:20 a.m.	Men's 3,000 Meter Steeple Chase	1 heat
10:40 a.m.	Women's 4x100 Meter Relay	2 heats
10:50 a.m.	Men's 4x100 Meter Relay	2 heats
11:00 a.m.	Women's 1500 Meters	3 heats
11:25 a.m.	Men's 1500 Meters	4 heats
11:55 a.m.	Women's 100 Meter Hurdles	4 heats
12:15 p.m.	Men's 110 Meter Hurdles	3 heats
12:30 p.m.	Women's 400 Meters	3 heats
12:45 p.m.	Men's 400 Meters	5 heats
01:05 p.m.	Women's 100 Meters	5 heats
01:20 p.m.	Men's 100 Meters	8 heats
01:45 p.m.	Women's 800 Meters	4 heats
02:05 p.m.	Men's 800 Meters	6 heats
02:30 p.m.	Women's 400 Meter Hurdles	2 heats
02:40 p.m.	Men's 400 Meter Int. Hurdles	3 heats
02:55 p.m.	Women's 200 Meters	7 heats
03:20 p.m.	Men's 200 Meters	8 heats
03:45 p.m.	Women's 3,000 Meters	1 heats
04:00 p.m.	Men's 3,000 Meters	2 heats
04:15 p.m.	Women's 4x400 Meter Relay	2 heats
04:30 p.m.	Men's 4x400 Meter Relay	2 heats