

LARRY ELLIS INVITATIONAL Revised Schedule 4.19.16
APRIL 22-23, 2016

FRIDAY

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| Pole Vault - Men | 2:00 pm | |
| Hammer Throw – Women | 2:00 | 2 flights |
| Hammer Throw-Men | 5:00 | 2 flights |
| Javelin Throw – Men then Women | 2:00 | 2 flights |
| 800m Elite – Women | 5:00 | 9 heats |
| 800m Elite – Men | 5:30 | 10 heats |
| 3,000m Steeplechase – Women | 6:00 | 2 heats |
| 3,000m Steeplechase – Men | 6:30 | 3 heats |
| 1,500m Elite – Women | 7:10 | 6 heats |
| 1,500m Elite – Men | 7:40 | 6 heats |
| 5,000m – Women | 8:10 | 3 heats |
| 5,000m – Men | 9:10 | 3 heats |
| 10,000 – Women | 10:00 | 1 heat |
| 10,000m – Men | 10:45 | 1 heat |

SATURDAY- as scratches allow, we will roll up to 15 minutes ahead of this schedule

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| Senior Recognition Ceremony | 11:30 am | |
| 4x100 Relay – Women | Noon | 3 heats |
| 4x100 Relay – Men | 12:15 pm | 3 heats |
| 1,500 – Women | 12:30 | 4 heats |
| 1,500 – Men | 12:55 | 4 heats |
| 100 M Hurdles – Women Prelims | 1:20 | 4 heats |
| 110 M Hurdles – Men Prelims | 1:35 | 4 heats |
| 400 M – Women | 1:50 | 6 heats |
| 400 M – Men | 2:15 | 6 heats |
| 100 M – Women | 2:35 | 8 heats |
| 100 M – Men | 3:00 | 8 heats |
| 110 M Hurdles- Men Final | 3:25 | 200m declarations open |
| 100 M Hurdles- Women Final | 3:30 | |
| 800 M – Women | 3:35 | 6 heats |
| 800 M – Men | 3:55 | 6 heats 200m declarations close |
| Larry Ellis Recognition Ceremony | 4:15 | |
| 400 M Hurdles – Women | 4:20 | 4 heats 4x4 declarations open |
| 400 M Hurdles – Men | 4:35 | 4 heats |
| 200 M – Women | 4:55 | 8 heats 4x4m declarations close |
| 200 M – Men | 5:25 | 8 heats |
| 3,000 M - Women | 5:45 | 2 heats |
| 4x400 M Relay – Women | 6:10 | 3 heats |
| 4x400 M Relay – Men | 6:25 pm | 3 heats |

FIELD EVENTS

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| Shot Put – Men, Women to follow | 11:00 am | 2 flights |
| Discus –Women, Men to follow | 11:00 am | 2 flights |
| High Jump – Women, Men to follow | Noon | |
| Long Jump – Followed by Triple Jump | Noon | 2 flights |
| Women outer runway, Men inner runway | | |
| Pole Vault – Women | 1:30 pm | |