Continental Invitational
Time Schedule
Friday, January 19, 2018

**FIELD EVENTS**

4:00 pm  35#/20#WEIGHT (M/W)-Followed SHOT (M/W)
4:00 pm  LONG JUMP (M/W) - followed by TRIPLE JUMP (M/W)
4:00 pm  POLE VAULT (W/M)
4:00 pm  HIGH JUMP (W/M)

**RUNNING EVENTS**

4:00 pm  5000m (Women)
4:30 pm  5000m (Men)
5:00 pm  60m Hurdle Prelims (Women)
5:10 PM  60m Hurdle Prelims (Men)
5:25 PM  60m Dash Prelims (Women)
5:35 PM  60m Dash Prelims (Men)
5:45 PM  MILE Sections (Women)
6:00 PM  MILE Sections (Men)
6:15 PM  60m Hurdle Finals (Men) – 9 to Final
6:25 PM  60m Hurdle Finals (Women) – 9 to Final
6:30 PM  400m Sections (Women)
6:40 PM  400m Sections (Men)
6:50 PM  500m Sections (Women)
7:00 PM  500m Sections (Men)
7:10 PM  60m Dash Final (Women) – 9 to Final
7:15 PM  60m Dash Final (Men) – 9 to Final
7:20 PM  800m Sections (Women)
7:30 PM  800m Sections (Men)
7:40 PM  1000m Sections (Women)
7:50 PM  1000m Sections (Men)
8:00 PM  200m Sections (Women)
8:15 PM  200m Sections (Men)
8:30 PM  3000m Sections (Women)
8:45 PM  3000m Sections (Men)
9:00 PM  4 x 400m Relay Sections (Women)
9:10 PM  4 x 400m Relay Sections (Men)
9:20 PM  4 x 200m Sections (Women)
9:30 PM  4 x 200m Sections (Men)

**Tentative time schedule. Schedule may be adjusted based on final number of entries.**