WILLIAMS INVITE
Saturday April 20, 2019

**Tentative Time Schedule**

FIELD EVENTS
12:00pm Hammer (Women first, Men to follow)
        Javelin (Men first, Women to follow)
        Pole Vault (Men first, Women to follow)
        High Jump (Women first, Men to follow)
        Long Jump (Men pit #1)
1:00pm  Long Jump (Women pit #2)
2:00pm  Shot Put (Following JT & HT- Men first, Women to follow)
2:00pm  Discus   (Following JT & HT- Women first, Men to follow)
2:30pm  Triple Jump (Men pit #1)
3:30pm  Triple Jump (Women pit #2)

TRACK EVENTS
1:00pm  3000m Steeplechase (M)
1:15pm  3000m Steeplechase (W)
1:30pm  4x100m Relay (M)
1:35pm  4x100m Relay (W)
1:40pm  1500m (M)
1:45pm  1500m (W)
1:55pm  110M Hurdles (M)
2:00pm  100m Hurdles (W)
2:10pm  400m (M)
2:15pm  400m (W)
2:25pm  100m (M)
2:30pm  100m (W)
2:40pm  800m (M)
2:50pm  800m (W)
3:05pm  400m Hurdles (M)
3:15pm  400m Hurdles (W)
3:25pm  200m (M)
3:30pm  200m (W)
3:35pm  5,000m (M)
4:00pm  5,000m (W)
4:20pm  4x400m Relay (M)
4:25pm  4x400m Relay (W)
4:30pm  4x800m Relay (M)
4:40pm  4x800m Relay (W)

INFORMATION:
-Entry Deadline: Wednesday April 17 @ 11:59pm via Direct Athletics
-Entry Fee: $500 per school
-Unlimited entries in all events. Heats will run fastest first
-Weigh-Ins will be held under Peck Grandstands @ 11-11:30am
-All field events check-in at venue 15min prior to
-All track events check in and get hip # 15min prior
-Please hand in ALL scratches to timer by 11:00am
-Heptathlon will run Saturday(2pm)-Sunday(12pm)