

**2016 Stanford Track & Field Invitational Schedule of Events**

\* "G" Girls High School \* "M" Men's College

Friday, April 1, 2016

**TENTATIVE**

\* "B" Boys High School

Friday Running Events

\* "W" Women's College

Time	Events	Section/Advancement Procedure
10:42am	M - 5000m	#4
11:00am	W- 5000m	#4
11:27am	W- 100mH Prelims	Qualifying: 4 Races, Top 9 Times to Final
11:52am	M- 110mH Prelims	Qualifying: 4 Races, Top 9 Times to Final
12:12pm	W- 100m Prelims	Qualifying: 4 Races, Top 9 Times to Final
12:27pm	M- 100m Prelims	Qualifying: 4 Races, Top 9 Times to Final
12:42pm	W- 1500m	Open Sections
1:10pm	M- 1500m	Open Sections
1:31pm	G - 3000m	2 races
1:57pm	B- 3000m	2 races
2:21pm	G- 400mH	4 races
2:34pm	W- 400mH	4 races
2:47pm	B- 400mH	4 races
3:00pm	M- 400mH	4 races
3:13pm	G - Distance Medley Relay	2 races
3:45pm	B - Distance Medley Relay	2 races
4:12pm	W - 400m	6 races
4:36pm	M - 400m	6 races
5:00pm	W-100m	FINAL
5:03pm	M- 100m	FINAL
5:06pm	W - 3000m Steeple	#3
5:21pm	W - 3000m Steeple	#2
5:36pm	W - 3000m Steeple	#1
5:51pm	M - 3000m Steeple	#3
6:05pm	M - 3000m Steeple	#2
6:18pm	M - 3000m Steeple	#1
6:31pm	W - 1500m	#3
6:38pm	W - 1500m	#2
6:45pm	W - 1500m Invitational	#1
6:52pm	M - 1500m	#3
6:58pm	M - 1500m	#2
7:04pm	M - 1500m Invitational	#1
7:13pm	W - 5000m	#3
7:33pm	W - 5000m	#2
7:53pm	M - 5000m	#3
8:11pm	M - 5000m	#2
8:29pm	W - 5000m	#1
8:48pm	M - 5000m	#1
9:04pm	W- 10000m	#1
9:42pm	M- 10000m	#1
10:13pm	W - 10000m	#2
10:51pm	M - 10000m	#2

**Friday Field Events**

Time	Event	Minimum Measurements
9:00AM	M- Javelin Collegiate	1 Flights of 14, 9 to final 160'
10:00AM	M- Hammer Collegiate	2 Flights of 8-10, 9 to final 160'
11:00AM	W- Shot Put Invitational (Ring 1)	1-2 Flights of 10-16, 9 to final 45'
11:00AM	W- Shot Put Collegiate (Ring 2)	2 Flights of 8-10, 9 to final 40'
11:00AM	W. Javelin Invitational	1-2 Flights of 10-16, 9 to final 130'
11:30AM	W - Pole Vault Invitational	~15 Athletes
11:30AM	M- Long Jump Collegiate	15 - 18 Athletes Top 9 to final 21'6"
11:30AM	W- Long Jump Collegiate	17'6"
1:00PM	M- High Jump	2 Sections. 12 - 15 Athletes Per Pit
1:30PM	M - Javelin Invitational	10-16 athletes 1-2 flights, 9 to final 180'
2:45PM	M- Long Jump Invitational	12 - 15 Athletes 21'6"
2:45PM	W- Long Jump Invitational	17'6"
2:30PM	M - Pole Vault Invitational	~15 Athletes
3:00PM	W - Hammer Invitational	1-2 Flights of 10-16, Top 9 to final 160'
3:30PM	W- High Jump	2 Sections. 12 - 15 Athletes Per Pit
4:00PM	M - Discus Invitational	1-2 Flights of 10-16, Top 9 to final 160'
5:30PM	B- Long Jump	20'6"
5:30PM	G- Long Jump	2 Flights of 12 - 15, Top 9 to final 16'6"
5:45PM	B- Pole Vault	15 - 20 athletes
6:15PM	M- Discus Collegiate	2 Flights of 8-10, Top 9 to final 140'

\*\*\*Note: Collegiate Throws Events of 1 Flight will have 30min Warm-up, Events with 2 Flights will have 15min Warm-up per flight\*\*\*

**2016 Stanford Track & Field Invitational Schedule of Events**
**Saturday, April 2, 2016**
**Saturday Running Events**
**TENTATIVE**
*\* "G" Girls High School*
*\* "M" Men's College*
*\* "B" Boys High School*
*\* "W" Women's College*

Time	Events	Section
9:52am	G- 4X100m Relay	5 races
10:17am	B- 4X100m Relay	5 races
10:42am	G- mile	3 race
11:02am	B- mile	3 races
11:22am	G- 100mH	Qualifying: 4 races, Top 9 Times to Final
11:37am	B- 110mH	Qualifying: 4 races, Top 9 Times to Final
12:12am	G - 100m	Qualifying: 6 races, Top 9 to Final
12:27am	B - 100m	Qualifying 7 races, Top 9 to Final
12:42am	Lori Maynard Kids Half Lapper	10 races
1:02pm	W - 4X100 Relay	2 races
1:10pm	M - 4X100 Relay	2 races
1:18pm	G - 4X100 Relay	<b>FINAL</b>
1:22pm	B- 4X100 Relay	<b>FINAL</b>
1:26pm	G- 800m	4 races
1:49pm	B- 800m	4 races
2:11pm	W- 800m	8 races; Fast to Slow
2:38pm	M- 800m	7 races; Fast to Slow
3:02pm	W- 200m	6 races
3:23pm	M- 200m	6 races
3:44pm	G - 400m	5 races
3:59pm	B - 400m	7 races
4:19pm	G- 100H	<b>FINAL</b>
4:25pm	W- 100H	<b>FINAL</b>
4:29pm	B- 110mH	<b>FINAL</b>
4:36pm	M- 110mH	<b>FINAL</b>
4:52pm	G- 100m	<b>FINAL</b>
4:56pm	B- 100m	<b>FINAL</b>
5:00pm	W- 4X400m Relay	2 races
5:16pm	M- 4X400m Relay	2 races
5:26pm	G- 4X400m Relay	6 races
5:56pm	B- 4X400m Relay	6 races

**Saturday Field Events**

Time	Event	Minimum Measurement
9:00AM	B- Discus	1 flight of 16, 9 to final 140'
9:00AM	G - Shot Put (Ring 1)	1 Flight of 15, 9 to final 35'
9:00AM	G - Shot Put (Ring 2)	1 Flight of 15, 9 to final 35'
10:00AM	G - Pole Vault Invitational	15-20 athletes
10:00AM	B- Triple Jump	2 Flights of 12 - 15, top 9 to final 39'6"
10:00AM	G- Triple Jump	33'6"
10:00AM	G- High Jump Invitational	2 Sections. 12 - 15 Athletes Per Pit
10:00AM	W- Hammer Collegiate	2 Flights of 8-10, 9 to final 140'
11:00AM	G- Discus	1 flight of 16, 9 to final 100'
1:00PM	B- High Jump Invitational	2 Sections. 12 - 15 Athletes Per Pit
1:00PM	M - Triple Jump Collegiate	15 - 18 Athletes, top 9 to final 44'
1:00PM	W - Triple Jump Collegiate	36'6"
1:00PM	B - Shot Put (Ring 1)	1 Flight of 15, 9 to final 45'
1:00PM	B - Shot Put (Ring 2)	1 Flight of 15, 9 to final 45'
1:00PM	W - Javelin Collegiate	2 Flights of 8-10, 9 to final 120'
1:00PM	M- Hammer Invitational	1-2 Flights of 10-16, Top 9 to final 180'
1:30PM	M- Pole Vault Collegiate	15 - 18 Athletes
3:00PM	W - Discus Invitational	1-2 Flights of 10-16, Top 9 to final 140'
3:00PM	M - Shot Put Invitation (Ring 1)	1-2 Flights of 10-16, Top 9 to final 45'
3:00PM	M - Shot Put Collegiate (Ring 2)	2 Flights of 8-10, 9 to final 45'
4:00PM	M- Triple Jump Invitational	12 - 15 Athletes, top 9 to final
4:00PM	W- Triple Jump Invitational	
4:30PM	W- Pole Vault Collegiate	15 - 18 Athletes
5:00PM	W- Discus Collegiate	2 Flights of 8-10, 9 to final 130'

\*\*\*Note: Collegiate Throws Events of 1 Flight will have 30min Warm-up, Events with 2 Flights will have 15min Warm-up per flight\*\*\*