



# 2023 MANGRUM INVITATIONAL FINALIZED SCHEDULE

## **FIELD EVENTS (Flights in order of best to least)**

10:30 AM	Discus - Men's (2 Flights)
11:15 AM	High Jump - Women's (1 Flight)
12:00 PM	Pole Vault - Women's (1 Flight)
1:00 PM	Hammer - Men's (2 Flights)
1:10 PM	Discus - Women's (2 Flights)
1:10 PM	High Jump - Men's (1 Flight)
1:15 PM	Shot Put - Men's (2 Flights)
1:20 PM	Long Jump - Women's (3 Flights - East Pit)
1:40 PM	Pole Vault - Men's (2 Flights)
2:00 PM	Long Jump - Men's (2 Flights - West Pit)
3:30 PM	Javelin - Men's (1 Flight)
3:40 PM	Shot Put - Women's (3 Flights)
4:00 PM	Hammer - Women's (2 Flights)
5:10 PM	Triple Jump - Men's (1 Flight - West Pit)
5:15 PM	Javelin - Women's (2 Flights)
5:30 PM	Triple Jump - Women's (1 Flight - East Pit)

## **Starting Heights & Bar Progression:**

Women's Pole Vault - 2.84, +15 until 3.74, then +10
Men's Pole Vault - 3.92, +15 until 4.82, then +10
Women's High Jump - 1.40, +05 until 1.65, then +03
Men's High Jump - 1.74, +05 until 2.04, then +03

## **TRACK EVENTS (Heats in order of fastest to slowest)**

<b>12:45 PM</b>	<b>National Anthem</b>
1:00 PM	4x100m Relay - Women's (2 Heats)
1:10 PM	4x100m Relay - Men's (2 Heats)
1:20 PM	100m Hurdles - Women's (4 Heats)
1:40 PM	110m Hurdles - Men's (3 Heats)
1:55 PM	400m - Women's (5 Heats)
2:10 PM	400m - Men's (6 Heats)
2:28 PM	100m - Women's (6 Heats)
2:46 PM	100m - Men's (7 Heats)
3:07 PM	800m - Women's (5 Heats)
3:24 PM	800m - Men's (6 Heats)
3:45 PM	400m Hurdles - Women's (3 Heats)
4:00 PM	400m Hurdles - Men's (3 Heats)
4:15 PM	200m - Women's (9 Heats)
4:42 PM	200m - Men's (10 Heats)
5:12 PM	1500m - Women's (4 Heats)
5:36 PM	1500m - Men's (5 Heats)
6:06 PM	4x400m Relay - Women's (2 Heats)
6:16 PM	4x400m Relay - Men's (2 Heats)
6:26 PM	3,000m Steeplechase - Women's (1 Heat)
6:41 PM	3,000m Steeplechase - Men's (2 Heats)
7:05 PM	5,000m - Women's (1 Heat)
7:27 PM	5,000m - Men's (2 Heats)
7:59 PM	10,000m - Women's (1 Heat)
8:41 PM	10,000m - Men's (1 Heat)