

BEACH

SUMMER MULTI AT THE BEACH

Jack Rose Track • Long Beach State University

Thursday, July 18

DECATHLON

10:00am	Men's	100m
10:45am	Men's	Long Jump
11:50am	Men's	Shot Put
12:50pm	Men's	High Jump
02:45pm	Men's	400m

HEPTATHLON

10:30am	Women's	100m Hurdles
11:15am	Women's	High Jump
12:45pm	Women's	Shot Put
02:00pm	Women's	200m

Friday, July 19

DECATHLON

10:00am	Men's	110m High Hurdles
10:45am	Men's	Discus
11:45am	Men's	Pole Vault
02:00pm	Men's	Javelin
03:00pm	Men's	1500m

HEPTATHLON

11:00am	Women's	Long Jump
12:15pm	Women's	Javelin
01:30pm	Women's	800m