



UCSB Invite with Sam Adams Combined Events Wednesday-Friday March 6-8th,
2024

Sam Adams Combined Events

Day 1 Schedule: Wednesday March 6th

Decathlon:

12:00pm	100m
~12:45pm	Long Jump
~2:00pm	Shot Put
~3:00pm	High Jump
~5:00pm	400m

Heptathlon:

12:30pm	100mH
~1:15pm	High Jump
~3:00pm	Shot Put
~4:00pm	200m

Day 2 Schedule: Thursday March 7th

Decathlon

12:00pm	110mH
~12:45pm	Discus
~2:00pm	Pole Vault
~4:30pm	Javelin
~5:45pm	1500m

Heptathlon

1:00pm	Long Jump
~2:15pm	Javelin
~3:15pm	800m

Friday UCSB Invite Schedule: Friday March 8th

Field Event Schedule

7:30-11:00am

9:00am

9:00am

Following Hammer ~11:00am-

12:00pm

12:00pm

1:00pm

2:00pm

4:00pm

Weigh-ins @ Weight Shed

Shot Put Men (Women follow)

Hammer Women (Men follow)

Discus Women (Men follow)

Long Jump Women (Men follow)

Pole Vault Men (Women follow)

High Jump Women (Men follow)

Triple Jump Women (Men follow)

Javelin Women (Men follow)

Track Event Schedule

12:00pm

12:15pm

12:30pm

12:35pm

12:55pm

1:20pm

1:40pm

1:50pm

2:00pm

2:15pm

2:30pm

2:40pm

2:55pm

3:15pm

3:30pm

3:40pm

3:50pm

4:30pm

4:40pm

5:00 PM

5:20 PM

5:40 PM

6:10 PM

1500m Women

1500m Men

4x100m Relay Women

4x100m Relay Men

100mH Women

110mH Men

400m Women

400m Men

100m Women

100m Men

800m Women

800m Men

400mH Women

400mH Men

200m Women

200m Men

SENIOR RECOGNITION

4x400m Relay Women

4x400m Relay Men

Women's 3000m Steeplechase

Men's 3000m Steeplechase

Women's 5,000m

Men's 5,000m