

The Mangrum Invite April 23-24

Invitational Track and Field Meet with Distance Carnival

Meet Notes:

Invitational or top section winners receive T-Shirts

2 Day meet gives two opportunities in the 100m and 100/110 Hurdles

Afternoon start times to make your commute easier

Evening distance races with pacers on a "faster track than Bryan Clay"

3 attempts and finals in field events

(tentative schedule September 10th)

FRIDAY, APRIL 23RD

FIELD EVENTS

- 12:00 PM Women's Long Jump (followed by Men)
- 12:00 PM Women's Hammer (followed by Men)
- 12:00 PM Men's Javelin (followed by Women)
- 12:00 PM Women's Invitational Pole Vault (Followed by Open Section)

SPRINTS AND HURDLES PRELIMINARY ROUNDS

- 1:00 PM Men's Invitational 110m Hurdles Preliminary (Top 8 times advance to Saturday's Final)
- 1:20 PM Men's Open 110m Hurdles Preliminary (Top 8 times advance to Saturday's Final)
- 1:45 PM Women's Invitational 100 Hurdles Preliminary (Top 8 times advance to Saturday's Final)
- 2:00 PM Women's Open 100 Hurdles Preliminary (Top 8 times advance to Saturday's Final)
- 2:30 PM Men's Invitational 100m Preliminary (Top 8 times advance to Saturday's Final)
- 2:45 PM Men's Open 100m Preliminary (Top 8 times advance to Saturday's Final)
- 3:00 PM Women's Invitational 100m Preliminary (Top 8 times advance to Saturday's Final)
- 3:15 PM Women's Open 100m Preliminary (Top 8 times advance to Saturday's Final)
- 3:45 PM Women's 800m
- 4:00 PM Men's 800m

SATURDAY, APRIL 24TH

FIELD EVENTS

- 12:00 PM Women's Discus (followed by Men - no sooner than 30 minutes after the conclusion of Men's Shot)
- 12:00 PM Men's Shot Put (followed by women - no sooner than 30 minutes after the conclusion of Women's Discus)
- 12:00 PM Men's High Jump (followed by Women)
- 12:00 PM Men's Invitational Pole Vault (Followed by Open Section)
- 12:00 PM Women's Triple Jump (Followed by Men)

RUNNING EVENTS

- 12:00 PM Welcome and National Anthem
- 12:10 PM Women's 4x100m
- 12:20 PM Men's 4x100m
- 12:45 PM Women's Invitational 100 Hurdle FINAL
- 12:50 PM Women's Open 100 Hurdle FINAL
- 1:10 PM Men's Invitational 110 Hurdle FINAL
- 1:15 PM Men's Open 110 Hurdle FINAL

1:30 PM	Women's 400m
1:45 PM	Men's 400m
2:15 PM	Women's Invitational 100m FINAL
2:20 PM	Women's Open 100m FINAL
2:25 PM	Men's Invitational 100m FINALS
2:30 PM	Men's Open 100m FINALS
2:45 PM	Women's 400m Hurdles
3:10 PM	Men's 400m Hurdles
3:30 PM	Women's 200
4:00 PM	Men's 200m
4:30 PM	Women's 4x400m
4:45 PM	Men's 4x400m

DISTANCE CARNIVAL

6:30 PM	Women's 1,500m
6:50 PM	Men's 1,500m
7:20 PM	Women's 3,000m SC
7:40 PM	Men's 3,000m SC
8:10 PM	Women's 5,000m
8:35 PM	Men's 5,000m