

**2022 Ross Black
Track and Field Open
Event Schedule**

Field Events

Friday, April 22nd

4:00 PM	Long Jump (Women) --- (Men) to follow
4:00 PM	Hammer (Men) --- (Women) to follow
--- At completion of Hammer	Discus (Men) --- (Women) to follow
6:00 PM	Pole Vault (Women) --- (Men) to follow

Saturday, April 23rd

10:00 AM	Javelin (Men) --- (Women) to follow
--- At completion of Javelin	Shot (Men) --- (Women) to follow
11:00 AM	Triple Jump (Women) --- (Men) to follow
11:00 AM	High Jump (Men) --- (Women) to follow

Running Events

Friday, April 22nd

(Time Schedule---We will stay on schedule)

5:00 PM	4 x 100M Relay- Prelim (Women) --- (Men) to follow
5:10 PM	4 x 800M (Women) --- (Men) to follow
7:00 PM	100M H (Women)- Prelim
7:20 PM	110M H (Men)- Prelim
7:40 PM	3000M Steeple Chase (Women) --- (Men) to follow
8:00 PM	100M- Prelim (Women) --- (Men) to follow
8:20 PM	5000M (Women) --- (Men) to follow
9:00 PM	200M- Prelim (Women) --- (Men) to follow
9:20 PM	10000M (W and M Combined)

Saturday, April 23rd

(Time Schedule---We will stay on schedule)

12:00 PM	4 x 100M Relay (Women) --- (Men) to follow
12:10 PM	1500M (Women) --- (Men) to follow
12:40 PM	100M H (Women)
12:50 PM	110M H (Men)
1:00 PM	400M (Women) --- (Men) to follow
1:20 PM	100M (Women) --- (Men) to follow
1:30 PM	400M H (Women) --- (Men) to follow
1:50 PM	800M (Women) --- (Men) to follow
2:10 PM	200M (Women) --- (Men) to follow
3:00 PM	4 x 400M Relay (Women) --- (Men) to follow