

# JOHN GARTLAND INVITATIONAL

## JANUARY 20<sup>TH</sup> & 21<sup>ST</sup>, 2023

### FINAL SCHEDULE

**FRIDAY, JANUARY 20<sup>TH</sup>, 2023**

#### MULTI EVENTS

6:00pm	Pentathlon (W) <i>60h, HJ, SP, LJ, 800m</i>
6:10pm	Heptathlon Day 1 (M) <i>60, LJ, SP, HJ</i>

**SATURDAY, JANUARY 21<sup>ST</sup>, 2023**

#### MULTI EVENTS

10:00am	Heptathlon Day 2 (M) <i>60h, PV, 1000m</i>
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#### FIELD EVENTS

12:00 noon	Weight Throw (W)
Follows	Weight Throw (M)
Follows	Shot Put (W)
Follows	Shot Put (M)
12:00 noon	Long Jump (W)
Follows	Long Jump (M)
Follows	Triple Jump (W)
Follows	Triple Jump (M)
1:00 pm	Pole Vault (M)
Follows	Pole Vault (W)
12:00 noon	High Jump (M)
Follows	High Jump (W)

#### RUNNING EVENTS

12:30pm	60H (M) <i>Prelims</i>
12:40pm	60H (W) <i>Prelims</i>
12:50pm	60 (W) <i>Prelims</i>
1:00pm	60 (M) <i>Prelims</i>
1:15pm	Mile (W)
1:25pm	Mile (M)
1:40pm	60H (W) <i>Finals</i>
1:50pm	60H (M) <i>Finals</i>
2:00pm	60 (W) <i>Finals</i>
2:05pm	60 (M) <i>Finals</i>
2:15pm	400 (W)
2:25pm	400 (M)
<b>2:25pm</b>	<b>** All 200m athletes need to be checked in by this time. Athletes that do not check in will be scratched!</b>
2:30pm	800 (W)
2:40pm	800 (M)
2:50pm	600 (W)
2:55pm	600 (M)
3:00pm	200 (W)
3:20pm	200 (M)
3:55pm	3000 (W)
4:10pm	3000 (M)
4:30pm	4x400 Relay (W)
4:40pm	4x400 Relay (M)
4:50pm	Distance Medley Relay (W)
5:05pm	5000 (W)
5:30pm	5000 (M)



INDIANA STATE UNIVERSITY TRACK & FIELD

