

SVSU Jet's Pizza Invitational – Friday, January 30th - Saturday, January 31st

Day 1

Combined Events

Women's Pentathlon – 10:45 AM

10:45	60m Hurdles
11:35	High Jump
1:30	Shot Put
2:30	Long Jump
3:30	800m Run

Men's Heptathlon – 11:15 AM

11:15	60m Dash
12:00	Long Jump
1:00	Shot Put
2:00	High Jump

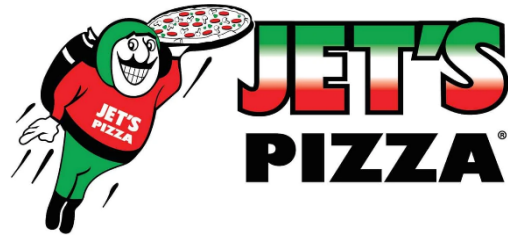
Field Events

3:00 PM	Pole Vault – Women followed by Men
3:00 PM	Weight Throw – Men followed by Women
5:00 PM	Long Jump – Women (south pit) and Men (north pit)

Running Events – 5:00 PM

Women run 1st in all events, time schedule to be determined based on final entries

5:00/5:15	Distance Medley Relay
5:27/5:40	60m Hurdle Prelims – Top 8 times advance to final
5:48/6:00	60m Dash Prelims– Top 8 times advance to final
6:25/7:05	5000m Run
7:40/8:10	200m Dash Prelims – Top 8 times advance to final



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Day 2

Combined Events

Men's Heptathlon – 10:00 AM

60m Hurdles
Pole Vault
1000m Run

Field Events

10:45 AM High Jump – Women (west pit, 2 flights w. low first) and Men (east pit)
11:00 AM Shot Put – Women followed by Men
1:00 PM Triple Jump – Men followed by Women

Running Events – 1:30 PM

Women run 1st in all events, time schedule to be determined based on final entries

1:30/2:05 Mile Run
2:40/2:43 60m Hurdle Final
2:46/2:50 60m Dash Final
2:55/3:15 400m Dash
3:45/4:05 800m Run
4:25/4:30 200m Dash
4:40/5:15 3000m Run
5:45/6:00 4x400m Relay