

## Pioneer Open Friday, January 13th, 2023 — MEET SCHEDULE

12:00 P.M. FIELDHOUSE OPENS

Please check in 20 minutes before your event

Rolling Schedule

## FIELD EVENT SCHEDULE

3:00 P.M. HIGH JUMP

FOLLOWED BY SHOT PUT FOLLOWED BY WEIGHT THROW

LONG JUMP FOLLOWED BY TRIPLE JUMP

POLE VAULT

(MEN AND WOMEN SAME TIME) (MEN AND WOMEN SAME TIME)

(WOMEN THEN MEN)

(MEN THEN WOMEN) 3 jumps, top 9 to finals (MEN THEN WOMEN) 3 jumps, top 9 to finals

(WOMEN THEN MEN)

Please check in 20 minutes before your event

## TRACK EVENT SCHEDULE:

4:30 P.M. DMR (WOMEN THEN MEN)

5000m RUN (WOMEN THEN MEN)

300m DASH (WOMEN THEN MEN)

55m HURDLES PRELIMS (WOMEN THEN MEN) top 8 to finals

55m DASH PRELIMS (WOMEN THEN MEN) top 8 to finals

4x200m RELAY (WOMEN THEN MEN)

MILE RUN (WOMEN THEN MEN)

55m HURDLES FINALS (WOMEN THEN MEN)

55m DASH FINALS (WOMEN THEN MEN)

500m DASH (WOMEN THEN MEN)

400m DASH (WOMEN THEN MEN)

1000m RUN (WOMEN THEN MEN)

800m RUN (WOMEN THEN MEN)

200m DASH (WOMEN THEN MEN)

3000m RUN (WOMEN THEN MEN)

4x400m RELAY (WOMEN THEN MEN)