

Jim Thorpe Outdoor Open || Nittany Lion Track

Friday || May 5, 2023



TENTATIVE Time Schedule

THROWING EVENTS - **Start Time 1:30 PM || Rolling Time Schedule**

- 1:30 PM Men Javelin Throw
 Women Javelin Throw (To Follow M Jav)
 Men Shot Put (To Follow W Jav)
 Women Shot Put (To Follow M SP)
- 4:00 PM Men's Hammer Throw (To Follow W SP)
(estimated) Women Hammer Throw (To Follow M HT)
 Men Discus Throw (To Follow W HT)
 Women Discus Throw (To Follow M DT)

JUMPING EVENTS - **Start Time 1:30 PM || Rolling Time Schedule**

- 1:30 PM Women Long Jump
 Men Long Jump (To Follow W LJ)
 Women Triple Jump (To Follow M LJ)
 Men Triple Jump (To Follow W TJ)
- 1:30 PM Women Pole Vault
 Men Pole Vault (Follows W PV)
 Women High Jump (Follows M PV)
 Men's High Jump (Follows W HJ)

RUNNING EVENTS (All Events are FINALS)

- 2:30 PM Women 4x100 Meter Relay
2:35 PM Men 4x100 Meter Relay
2:45 PM Women 1500 Meter Run
2:50 PM Men 1500 Meter Run
3:05 PM Women 100 Meter Hurdles
3:10 PM Men 110 Meter Hurdles
3:20 PM Women 100 Meter Dash
3:30 PM Men 100 Meter Dash
3:40 PM Women 400 Meter Dash
3:50 PM Men 400 Meter Dash
3:55 PM Women 800 Meter Run
4:00 PM Men 800 Meter Run
4:05 PM Women 400 Meter Hurdles
4:10 PM Men 400 Meter Hurdles
4:25 PM Women 200 Meter Dash
4:30 PM Men 200 Meter Dash
4:40 PM Women 3000 Meter Steeplechase
4:55 PM Men 3000 Meter Steeplechase
5:10 PM Women 4x400 Meter Relay
5:15 PM Men 4x400 Meter Relay