

Charger Invite at University of Illinois

Held at "The Armory"
Saturday, March 3, 11:00 A.M.



Schedule:

Field Events (11:00) Rolling Schedule-If events conclude ahead of time we will call the next Class/Flight ASAP.

Shot Put- 4 Throws, NO finals, BEST throwers flight 1, 15 minute warm-up preceding each flight

11:00- Class A- Flight 1: 9 throwers- 45 minutes

11:45- Class A- Flight 2: 9 throwers- 45 minutes

12:30- Class B- Flight 1: 9 throwers- 45 minutes

11:15- Class B- Flight 2: 9 throwers- 45 minutes

2:00- Class C- Flight 1: 9 throwers- 45 minutes

2:45- Class C- Flight 2: 9 throwers- 45 minutes

Long Jump- Open Board: 1 hour per class, 15-minute warm-up between flights

10-11 AM- run-throughs/set marks

11:00- Class A

12:15- Class B

1:30- Class C

Triple Jump- Open Board: 1 hour per class, 15 minutes warm-up between flights

9-10 AM - run-throughs/set marks

11:00- Class B

12:15- Class C

1:30- Class A

High Jump- 5 alive

11:00- Class A: bar starts at 5'4"

12:45- Class B/C: bar starts at 4'10"

Pole Vault

11:00- Class A: bar starts at 9' 0"

12:00- Class B/C: bar starts at 8' 0"

Running Events (12:00) ROLLING SCHEDULE-START TIMES ARE TENTATIVE

12:00- 4 x 800 Meter Relay (30 minutes) Class A- Heat 1/Heat 2

12:30- 60 Meter High Hurdles (30 minutes)

Class C- Heat 1/Heat 2/Heat 3

Class B- Heat 1/Heat 2/Heat 3

Class A- Heat 1/Heat 2/Heat 3

1:00- 3200 Meter Run (45 minutes) Class C/Class B/Class A

1:45- 60 Meter Dash (25 minutes)

Class C- Heat 1/Heat 2/Heat 3

Class B- Heat 1/Heat 2/Heat 3

Class A- Heat 1/Heat 2/Heat 3

2:10- 800 Meter Run (30 minutes)

Class C- Heat 1/Class C- Heat 2

Class B- Heat 1/Class B- Heat 2

Class A- Heat 1/Class A- Heat 2

2:40- 4 x 200 Meter Relay (15 minutes) Class A- Heat 1/Heat 2/Heat 3

2:55- 400 Meter Dash (30 minutes)

Class C- Heat 1/Heat 2/Heat 3

Class B- Heat 1/Heat 2/Heat 3

Class A- Heat 1/Heat 2/Heat 3

3:25- 1600 Meter Run (50 minutes)

Class C- Heat 1/Heat 2

Class B- Heat 1/Heat 2

Class A- Heat 1/Heat 2

4:15- 200 Meter Dash (25 minutes)

Class C- Heat 1/Heat 2/Heat 3

Class B- Heat 1/Heat 2/Heat 3

Class A- Heat 1/Heat 2/Heat 3

4:40- 4 x 400 Meter Relay (15 minutes) Class A- Heat 1/Heat 2/Heat 3

4:55- Awards/Results