\*FINAL SCHEDULE (4-6-16)

Leon Johnson Invitational Schedule of events Friday April 8, 2016

***\*For Decathlon/~~Heptathlon~~ schedule, see Page 3***

Field Events

|  |  |  |  |
| --- | --- | --- | --- |
| 3:00 p.m. | Women | Discus | (followed by men) |
|  |  |  |  |
| 5:00 p.m.  5:10 p.m. | Women  Men | Long Jump  Long Jump |  |

Running Events

Women’s events will run first followed by men’s

4:45 p.m. 200 Meter Dash

~~5:20 p.m. 10,000 Meter Run~~

\*FINAL SCHEDULE (4-6-16)

Schedule of events Saturday, April 9, 2016

***\*For Decathlon/~~Heptathlon~~ schedule, see Page 3***

Field Events

|  |  |  |  |
| --- | --- | --- | --- |
| 11:00 a.m. | Men  Women  Men | High Jump  Hammer  Shot Put | (followed by women)  (followed by men) (followed by women) |
| 1:00 p.m. | Women | Pole Vault | (followed by men) |
| 2:00 p.m.  2:10 p.m. | Women  Women  Men | Javelin  Triple Jump  Triple Jump | (followed by men) |

Running Events **\*\*This will be a ROLLING SCHEDULE\*\***

Women’s events will run first followed by men’s.

**1:00 p.m. 3000 Meter Steeplechase**

**4x100 Meter Relay**

*-10 minute break*

**1500 Meter Run**

*-10 minute break*

**100 Meter Hurdles**

*-10 minute break*

**110 Meter Hurdles**

*-10 minute break*

**100 Meter Dash**

*-10 minute break*

**400 Meter Dash**

*-10 minute break*

**800 Meter Run**

*-10 minute break*

**400 Meter Hurdles**

**5000 Meter Run**

**4x400 Meter Relay**

\*FINAL SCHEDULE (4-6-16)

Decathlon/~~Heptathlon~~

Schedule of events

April 8 - 9, 2016

Day 1: Friday, April 8, 2016

\*10:00 a.m. Men 100m

~10:45 a.m. Men Long Jump

~12:15 p.m. Men Shot Put

~1:45 p.m. Men High Jump

~3:45 p.m. Men 400m

Day 2: Saturday, April 9, 2016

\*9:00 a.m. Men 110mH

~9:45 a.m. Men Discus

~11:15 a.m. Men Pole Vault

~2:00 p.m. Men Javelin

~3:00 p.m. Men 1500m

**Open Vertical Jump Progressions**

* Men’s High Jump:
  + - 1.83, 1.88, 1.93, 1.98, 2.03, 2.08, 2.11, 2.14, 2.17, 2.20
* Women’s High Jump:
  + - 1.56, 1.61, 1.66, 1.71, 1.76, 1.79, 1.82, 1.85, 1.88
* Men’s Pole Vault:
  + - 3.83, 3.98, 4.13, 4.28, 4.43, 4.58, 4.73, 4.88, 4.98, 5.08, 5.18, 5.28, 5.38, 5.48, 5.58
* Women’s Pole Vault:
  + - 2.85, 3.0, 3.15, 3.30, 3.45, 3.60, 3.75, 3.90, 4.0, 4.10, 4.20, 4.30, 4.40, 4.50