



Dr. Jack M. Toms Alumni Invitational

Friday & Saturday, March 24th-25th, 2023

Friday:

SCHEDULE OF FIELD EVENTS *(top 8 advance to finals)*

TIME	EVENT	SECTION
1:00pm	Implement Certification (All implements)	
2:00pm	Javelin Throw – MEN	FINALS
4:30pm	Javelin Throw – WOMEN	FINALS
7:00pm	Hammer Throw– WOMEN	FINALS

SCHEDULE OF TRACK EVENTS

TIME	EVENT	SECTION
5:30pm	3000m Steeple Chase (WOMEN)	FINALS
6:00pm	3000m Steeple Chase (MEN)	FINALS
6:20pm	10,000 Meter Run (WOMEN)	FINALS
7:10pm	10,000 Meter Run (MEN)	FINALS

Saturday:

SCHEDULE OF FIELD EVENTS *(top 8 advance to finals)*

8:00am	Implement Certification	
9:00am	Hammer Throw – MEN	FINALS
10:00am	High Jump – WOMEN	FINALS
10:00am	Long Jump – MEN CHAMPIONSHIP	FINALS
10:00am	Long Jump – MEN OPEN	OPEN
11:30am	Shot Put – MEN	FINALS
11:30pm	Discus - WOMEN	FINALS
12:00pm	Long Jump – WOMEN CHAMPIONSHIP	FINALS
12:00pm	Long Jump – WOMEN OPEN	OPEN
12:00pm	High Jump – MEN	FINALS
2:00pm	Triple Jump – MEN OPEN	FINALS
2:00pm	Triple Jump – MEN CHAMPIONSHIP	FINALS
2:00pm	Pole Vault – WOMEN	FINALS
2:30pm	Discus Throw – MEN	FINALS
2:30pm	Shot Put – WOMEN	FINALS
4:00pm	Triple Jump – WOMEN OPEN	OPEN
4:00pm	Triple Jump – WOMEN CHAMPIONSHIP	FINALS
4:00pm	Pole Vault – MEN	FINALS

SCHEDULE OF TRACK EVENTS: *(Fast to slow, except 1500)*

TIME	EVENT	SECTION
10:30am	4x100 Meter Relay (MEN)	FINALS
10:35am	4x100 Meter Relay (WOMEN)	FINALS
10:45am	1500 Meter Run (WOMEN) Slow to fast	FINALS
11:20am	1500 Meter Run (MEN) Slow to fast	FINALS
11:55am	100 Meter Dash (MEN)	TRIALS
12:20pm	100 Meter Dash (WOMEN)	TRIALS
12:40pm	110 Meter Hurdles (MEN)	FINALS
12:55pm	100 Meter Hurdles (WOMEN)	FINALS
1:10pm	400 Meter Dash (MEN)	FINALS
1:35pm	400 Meter Dash (WOMEN)	FINALS
1:55pm	100 Meter Dash (MEN)	FINALS
2:00pm	100 Meter Dash (WOMEN)	FINALS
2:05pm	800 Meter Run (MEN)	FINALS
2:30pm	800 Meter Run (WOMEN)	FINALS
3:00pm	400 Meter Hurdles (MEN)	FINALS
3:20pm	400 Meter Hurdles (WOMEN)	FINALS
3:30pm	200 Meter Dash (MEN)	FINALS
3:55pm	200 Meter Dash (WOMEN)	FINALS
4:15pm	5,000 Invitational (MEN)	FINALS
4:35pm	5,000 Invitational (WOMEN)	FINALS
5:00pm	4x400 Meter Relay (MEN)	FINALS
5:10pm	4x400 Meter Relay (WOMEN)	FINALS
5:20pm	5,000 Open (MEN)	FINALS