

Titan Open Event Schedule

Field Events

10:00 Women's Weight Throw (2 Flights) –
Men immediately to follow (2 Flights)

10:30 Men's Pole Vault – Women immediately
to follow

• Women's High Jump – Men immediately to
follow

• Long Jump (Men – Center Pit – 3 Flights)
(Women – Corner Pit – 2 Flights)

• Men's Triple jump after men's LJ (2 flights) ,
then women's triple jump –
center pit (2 flights)

• Women's Shot (2 flights) then Men's Shot (3
flights)



Running Events

FAST sections run first. We will move ahead of schedule if possible. Top seven advance by time in the 55 and 55 hurdles.

10:00 Men's 5000

10:25 Women's 5000

10:55 Women's DMR

11:20 Women's 55 Meter Hurdle Prelims

11:30 Men's 55 Meter Hurdle Prelims

11:40 Women's 55 Meter Dash Prelims

11:55 Men's 55 Meter Dash Prelims

12:15 Men's DMR

1:30 Women's 400 meters

1:40 Men's 400 meters

1:55 Women's Mile

2:10 Men's Mile

2:30 Women's 55 Dash Finals

2:35 Men's 55 Dash Finals

2:40 Men's 55 Hurdle Finals

2:45 Women's 55 Hurdle Finals

2:55 Women's 800 meters

3:05 Men's 800 meters

3:20 Women's 200 meters

3:45 Men's 200 meters

4:10 Women's 3000 meters

4:40 Men's 3000 Meters

5:10 Women's 4x400

5:25 Men's 4 x 400