

2013 Stanford Track & Field Invitational Schedule of Events
Friday, March 29, 2013
Friday Running Events

FINAL

* *G* - Girls High School * *M* - Men's College
 * *B* - Boys High School
 * *W* - Women's College

Time	Events	Section/Advancement Procedure	
10:40am	W - 5000m	#5	
11:00am	M - 5000m	#4	
11:15am	W - 5000m	#4	
11:45am	W - 100mH Prelims	Prelims: 5 Races, Top 9 Times to Final	
12:00pm	M - 110mH Prelims	Prelims: 4 Races, Top 9 Times to Final	
12:12pm	W - 100m Prelims	Prelims: 6 races, Top 9 Times to Final	
12:40pm	M - 100m Prelims	Prelims: 6 races, Top 9 Times to Final	
1:05pm	W - 1500m	Open Sections	
1:27pm	M - 1500m	Open Sections	
1:45pm	W - 100m	FINAL	
1:46pm	M - 100m	FINAL	
1:50pm	G - 3000m	2 races	
2:16pm	B - 3000m	2 races	
2:40pm	G - 400mH	4 races	
2:53pm	W - 400mH	4 races	
3:05pm	B - 400mH	4 races	
3:24pm	M - 400mH	4 races	
3:39pm	G - Distance Medley Relay	2 races	
4:11pm	B - Distance Medley Relay	2 races	
4:58pm	W - 400M	4 races	
4:53pm	M - 400M	6 races	
5:08pm	W - 3000m Steeple	#3	
5:23pm	W - 3000m Steeple	#2	
5:38pm	W - 3000m Steeple	#1	
5:53pm	M - 3000m Steeple	#3	
6:07pm	M - 3000m Steeple	#2	
6:20pm	M - 3000m Steeple	#1	
6:35pm	W - 1500m Invitational	#3	
6:40pm	W - 1500m Invitational	#2	
6:47pm	W - 1500m Invitational	#1	
7:54pm	M - 1500m Invitational	#3	
7:59pm	M - 1500m Invitational	#2	
7:06pm	M - 1500m Invitational	#1	
7:15pm	W - 5000m	#3	
7:35pm	W - 5000m	#2	
7:55pm	M - 5000m	#2	
8:13pm	M - 5000m	#2	
8:31pm	W - 5000m	#1	
8:50pm	M - 5000m	#1	
9:06pm	W - 10000m	#1	
9:44pm	M - 10000m	#1	
10:19pm	W - 10000m	#2	
10:56pm	M - 10000m	#2	

Friday Field Events

Time	Event	Minimum Measurements
9:00AM	M - Javelin Collegiate	1 Flight of 14, 4 Throws
10:00AM	M - Hammer Collegiate	1 Flight of 15, ONLY 4 Throws Each
10:30AM	W - Javelin Collegiate	1 Flight of 12, ONLY 4 Throws Each
10:30AM	W - Shot Put Invitational (Ring 1)	1 Flight of 12, Top 9 to Final
10:30AM	W - Shot Put Collegiate (Ring 2)	1 Flight of 12, ONLY 4 Throws Each
11:00AM	M - Long Jump Collegiate	1 Flight of 15, ONLY 4 Jumps Each
11:30AM	W - Long Jump Collegiate	1 Flight of 16, ONLY 4 Jumps Each
12:30PM	W - Javelin Invitational	1 Flight of 13, Top 9 to Final
12:30PM	W - Pole Vault Invitational	5 Alive
1:00PM	M - High Jump	2 Pins
2:15PM	M - Long Jump Invitational	1 Flight of 16, Top 9 to Final
2:15PM	W - Long Jump Invitational	2 Flights of 16, Top 9 to Final
2:30PM	W - Hammer Invitational	1 Flight of 13, Top 9 to Final
2:30PM	M - Javelin Invitational	1 Flight of 15, Top 9 to Final
3:30PM	W - High Jump	2 Pins
3:30PM	M - Pole Vault Invitational	5 Alive
4:00PM	M - Discus Invitational	1 Flight of 14, Top 9 to Final
4:30PM	B - Long Jump	2 Flights of 15, ONLY 4 Jumps Each
4:30PM	G - Long Jump	2 Flights of 15, ONLY 4 Jumps Each
6:00PM	B - Pole Vault Invitational	5 Alive
6:00PM	G - Pole Vault Invitational	5 Alive
6:00PM	M - Discus Collegiate	1 Flight of 15, ONLY 4 Throws Each

Note: All Collegiate Throws Events will have 30min Warm up

2013 Stanford Track & Field Invitational Schedule of Events
Saturday, March 30, 2013
Saturday Running Events

FINAL

* *G* - Girls High School * *M* - Men's College
 * *B* - Boys High School
 * *W* - Women's College

Time	Events	Section
9:00am	G - 4X100m Relay	5 races
9:25am	B - 4X100m Relay	4 races
9:50am	G - mile	3 races
10:10am	B - mile	3 races
10:30am	G - 100mH	Prelims: 4 races, Top 9 Times to Final
10:45am	B - 110mH	Prelims: 4 races, Top 9 Times to Final
11:20am	G - 100m	Prelims: 6 races, Top 9 to Final
11:35am	B - 100m	Prelims: 7 races, Top 9 to Final
11:50am	Let's Move! Kids' Half Lappee	10 races
12:10pm	W - 4X100 Relay	2 races
12:10pm	M - 4X100 Relay	2 races
12:30pm	G - 4X100 Relay	FINAL
12:30pm	B - 4X100 Relay	FINAL
12:34pm	G - 4X300m Relay	2 races
1:34pm	B - 4X300m Relay	2 races
1:40pm	W - 800m	7 races, Fast to Slow
1:57pm	M - 800m	5 races, Fast to Slow
2:13pm	W - 500m	6 races
2:26pm	M - 500m	5 races
2:43pm	G - 400m	5 races
2:58pm	B - 400m	7 races
3:18pm	G - 100H	FINAL
3:24pm	W - 100H	FINAL
3:28pm	B - 110mH	FINAL
3:55pm	M - 110mH	FINAL
3:57pm	G - 100m	FINAL
3:55pm	B - 100m	FINAL
3:59pm	W - 4X400m Relay	2 races
4:15pm	M - 4X400m Relay	2 races
4:25pm	G - 4X400m Relay	6 races
4:55pm	B - 4X400m Relay	6 races

Saturday Field Events

Time	Event	Minimum Measurement
9:00AM	B - Discus	2 Flights of 15, ONLY 4 Throws Each
9:00AM	B - Triple Jump	2 Flights of 12, ONLY 4 Jumps Each
9:00AM	G - High Jump Invitational	2 Pins
9:00AM	G - Triple Jump	2 Flights of 12, ONLY 4 Jumps Each
9:00AM	G - Shot Put (Ring 1)	1 Flight of 15, ONLY 4 Throws Each
9:00AM	G - Shot Put (Ring 2)	1 Flight of 15, ONLY 4 Throws Each
11:00AM	W - Hammer Collegiate	1 Flight of 14, ONLY 4 Throws Each
11:15AM	G - Discus	2 Flights of 15, ONLY 4 Throws Each
12:00PM	B - High Jump Invitational	2 Pins
12:00PM	M - Pole Vault Collegiate	5 Alive
12:00PM	M - Triple Jump Collegiate	1 Flight of 14, ONLY 4 Jumps Each
12:00PM	W - Triple Jump Collegiate	1 Flight of 14, ONLY 4 Jumps Each
1:00PM	B - Shot Put (Ring 1)	1 Flight of 15, ONLY 4 Throws Each
1:00PM	B - Shot Put (Ring 2)	1 Flight of 15, ONLY 4 Throws Each
1:30PM	W - Discus Collegiate	1 Flight of 14, ONLY 4 Throws Each
2:00PM	M - Hammer Invitational	1 Flight of 16, Top 9 to Final
2:30PM	M - Triple Jump Invitational	1 Flight of 14, Top 9 to Final
2:30PM	W - Triple Jump Invitational	1 Flight of 15, Top 9 to Final
3:00PM	W - Pole Vault Collegiate	5 Alive
3:00PM	M - Shot Put Invitational (Ring 1)	1 Flight of 14, Top 9 to Final
3:00PM	M - Shot Put Collegiate (Ring 2)	1 Flight of 15, ONLY 4 Throws Each
3:30PM	W - Discus Invitational	1 Flight of 14, Top 9 to Final