

2013 Stanford Track & Field Invitational Schedule of Events			* "G" Girls High School	* "M" Men's College
Friday, March 29, 2013			* "B" Boys High School	
Friday Running Events			* "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 - 1000m Prelims	Prelims: 5 Races, Top 9 Times to Final		
12:00pm	M - 1000m Prelims	Prelims: 4 Races, Top 9 Times to Final		
12:20pm	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	5 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		
5:00pm	W - 3000m Steeple	#3		
5:23pm	W - 3000m Steeple	#2		
5:38pm	W - 3000m Steeple	#1		
5:53pm	M - 3000m Steeple	#2		
6:07pm	M - 3000m Steeple	#2		
6:20pm	M - 3000m Steeple	#1		
6:33pm	W - 1500m Invitational	#3		
6:40pm	W - 1500m Invitational	#2		
6:47pm	W - 1500m Invitational	#1		
6:54pm	M - 1500m Invitational	#3		
7:00pm	M - 1500m Invitational	#2		
7:06pm	M - 1500m Invitational	#1		
7:15pm	W - 5000m	#3		
7:35pm	W - 5000m	#2		
7:55pm	M - 5000m	#3		
8:13pm	M - 5000m	#2		
8:31pm	W - 5000m	#1		
8:50pm	M - 500m	#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	160'
10:00AM	M - Hammer Collegiate	1 Flight of 15, ONLY 4 Throws Each	160'
10:30AM	W - Javelin Collegiate	1 Flight of 12, ONLY 4 Throws Each	120'
10:30AM	W - Shot Put Invitational (Ring 1)	1 Flight of 12, Top 9 to Final	45'
10:30AM	W - Shot Put Collegiate (Ring 2)	1 Flight of 12, ONLY 4 Throws Each	40'
11:30AM	M - Long Jump Collegiate	1 Flight of 15, ONLY 4 Jumps Each	216'
11:30AM	W - Long Jump Collegiate	1 Flight of 16, ONLY 4 Jumps Each	176'
12:30PM	W - Javelin Invitational	1 Flight of 13, Top 9 to Final	130'
12:30PM	W - Pole Vault Invitational		
1:00PM	M - High Jump	2 Pins	
1:15PM	M - Long Jump Invitational	1 Flight of 16, Top 9 to Final	216'
1:25PM	W - Long Jump Invitational	1 Flight of 16, Top 9 to Final	176'
2:30PM	W - Hammer Invitational	1 Flight of 13, Top 9 to Final	150'
2:30PM	M - Javelin Invitational	1 Flight of 15, Top 9 to Final	180'
3:30PM	W - High Jump		
3:30PM	M - Pole Vault Invitational	5 Alive	
4:00PM	M - Discus Invitational	1 Flight of 14, Top 9 to Final	160'
4:30PM	B - Long Jump	2 Flights of 15, ONLY 4 Jumps Each	206'
4:30PM	G - Long Jump	2 Flights of 15, ONLY 4 Jumps Each	166'
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	140'

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

2013 Stanford Track & Field Invitational Schedule of Events			* "G" Girls High School	* "M" Men's College
Saturday, March 30, 2013			* "B" Boys High School	
Saturday Running Events			* "W" Women's College	
Time	Events	Section		
9:00am	G - 4X100m Relay	5 races		
9:25am	B - 4X100m Relay	5 races		
9:50am	G - mile	3 races		
10:10am	B - mile	3 races		
10:10am	G - 1000H	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		
11:55am	B - 100m	Prelims: 7 races, Top 9 to Final		
1:15pm	Let Maxwell Kids Half Lappers	10 races		
12:10pm	W - 4X100 Relay	2 races		
12:13pm	M - 4X100 Relay	2 races		
12:30pm	G - 4X100 Relay	FINAL		
12:30pm	B - 4X100 Relay	FINAL		
12:34pm	G - 4X800m Relay	2 races		
1:34pm	W - 800m	7 races, Fast to Slow		
1:57pm	M - 800m	5 races, Fast to Slow		
2:13pm	W - 200m	6 races		
2:26pm	M - 200m	5 races		
2:43pm	G - 400m	5 races		
2:58pm	B - 400m	7 races		
3:08pm	G - 100H	FINAL		
3:24pm	W - 100H	FINAL		
3:28pm	B - 110mH	FINAL		
3:50pm	G - 100mH	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	140'
9:00AM	B - Triple Jump	2 Flights of 12, ONLY 4 Jumps Each	396'
9:00AM	G - High Jump Invitational	2 Pins	
9:00AM	G - Triple Jump	2 Flights of 12, ONLY 4 Jumps Each	336'
9:00AM	G - Shot Put (Ring 1)	1 Flight of 15, ONLY 4 Throws Each	140'
9:00AM	G - Shot Put (Ring 2)	1 Flight of 15, ONLY 4 Throws Each	35'
11:00AM	W - Hammer Collegiate	1 Flight of 14, ONLY 4 Throws Each	35'
11:15AM	G - Discus	2 Flights of 15, ONLY 4 Throws Each	100'
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	44'
12:00PM	W - Triple Jump Collegiate	1 Flight of 14, ONLY 4 Jumps Each	366'
1:00PM	B - Shot Put (Ring 1)	1 Flight of 15, ONLY 4 Throws Each	45'
1:00PM	B - Shot Put (Ring 2)	1 Flight of 15, ONLY 4 Throws Each	45'
1:30PM	W - Discus Collegiate	1 Flight of 14, ONLY 4 Throws Each	130'
2:00PM	M - Hammer Invitational	1 Flight of 16, Top 9 to Final	180'
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 Invitational (Ring 1)	1 Flight of 14, Top 9 to Final	50'
3:00PM	M - Shot Put Collegiate (Ring 2)	1 Flight of 15, ONLY 4 Throws Each	45'
3:30PM	W - Discus Invitational	1 Flight of 14, Top 9 to Final	140'