

## 2016 NIKE/JESUIT TWILIGHT RELAYS - MEET SCHEDULE

### AFTERNOON SESSION

- 1:30** Coaches Meeting
- 2:30** Field Events
- 2:30** Women's 100m Hurdles
- 2:45** Men's 110m Hurdles
- 3:00** Women's 3000m run
- 3:25** Men's 3000m run
- 3:50** Women's 100m
- 4:05** Men's 100m
- 4:20** Women's 1500m
- 4:35** Men's 1500m
- 4:50** Women's 4 x 200 Relay
- 5:05** Men's 4 x 200 Relay
- 5:20** Women's Distance Medley (Heat 1)
- 5:35** Men's Distance Medley (Heat 1)

### FIELD EVENTS

*Starting At 2:30*

**Long Jump** Men on East Pit, Women on West Pit

**Triple Jump** *After Long Jump*

Men on East Pit, Women on West Pit

**Javelin** Men's followed by Women's

**Shot Put** Men's followed by Women's

**Discus** Women's followed by Men's

**High Jump** Men's on South Pit, Women's on North Pit

**Pole Vault**

East Pit = Flight 2 Women followed by Men

West Pit = Flight 1 Men followed by Women

### TWILIGHT SESSION

- 5:55** Opening Ceremony
- 6:00** Women's Elite Invitational 100 meters
- 6:10** Men's Elite Invitational 100 meters
- 6:20** Women's Elite Invitational Twilight Mile
- 6:30** Men's Elite Invitational Twilight Mile
- 6:40** Women's 4 x 800 Relay
- 7:10** Men's 4 x 800 Relay
- 7:30** Women's 4 x 100 Relay
- 7:50** Men's 4 x 100 Relay
- 8:10** Women's Distance Medley (Heat 2)
- 8:25** Men's Distance Medley (Heat 2)
- 8:40** Women's 4 x 400 Relay
- 9:10** Men's 4 x 400 Relay
- 9:45** Awards