



# Liberty Kickoff

January 25-26, 2019 || Final Time Schedule

All running events will be run fast to slow

## Friday Events

12:30pm	Pentathlon 60mH
12:45pm	Heptathlon 60m
1:10pm	Pentathlon HJ
1:20pm	Heptathlon LJ
2:15pm	Heptathlon SP
3:00pm	Pentathlon SP
3:20pm	Heptathlon HJ
4:00pm	Pentathlon LJ
4:30pm	Women's Weight Throw
5:00pm	Women's Pole Vault (2 pits)
5:30pm	Men's 4X800m
5:45pm	Women's 4X800m
6:00pm	Pentathlon 800m
6:15pm	Men's 5000m Run
6:50pm	Women's 5000m Run

## Saturday Field Events

9:00am	Men's Weight Throw
9:30am	Women's Long Jump
	Men's Long Jump
11:00am	Women's High Jump (Men to Follow)
11:15am	Men's Heptathlon PV
12:00pm	Women's Shot Put (Men to Follow)
1:00pm	Men's Pole Vault
	Women's Triple Jump
	Men's Triple Jump

## Saturday Running Events

9:45am	60m Hurdles (Men) Timed Final
10:00am	60m Hurdles (Women) Timed Final
10:20am	60m Hurdles (Hept Men)
10:30am	60m Dash (Men) Timed Final
10:55am	60m Dash (Women) Timed Final
11:15am	Mile Run (Men) Final
11:45am	Mile Run (Women) Final
12:20pm	400m Dash (Men) Final
12:55pm	400m Dash (Women) Final
1:35pm	500m Dash (Men) Final
1:55pm	500m Dash (Women) Final
2:10pm	800m Run (Men) Final
2:35pm	800m Run (Women) Final
2:55pm	1000m Run (Men) Final
3:25pm	1000m Run (Women)
3:30pm	200m Dash (Men) Final
4:00pm	200m Dash (Women) Final
4:35pm	3000m Run (Men) Section 1
4:45pm	3000m Run (Women) Section 1
5:00pm	4x400m Relay (Men) Final
5:25pm	4x400m Relay (Women) Final
5:55pm	3000m (Men) Remaining Sections
6:30pm	3000m (Women) Remaining Sections
(TBD)	Hept 1,000m