



2016 - USF INVITATIONAL

MARCH 11 - 12, 2016 • USF TRACK & FIELD STADIUM

SCHEDULE OF EVENTS

As of: 3/5/16

▪ HEPTATHLON ▪

Friday March 11th, 2016	
10:00 A.M.	100M HURDLES
	HIGH JUMP
	SHOT PUT
	200 METERS

Saturday March 12th, 2016	
10:00 A.M.	LONG JUMP
	JAVELIN
	800 METERS

▪ THROWS ▪

Friday March 11th, 2016	
2:00 P.M.	WOMEN HAMMER
4:30 P.M.	MEN HAMMER
7:00 P.M.	WOMEN JAVELIN

Saturday March 12th, 2016	
9:00 A.M.	MEN JAVELIN
11:00 A.M.	WOMEN DISCUS
11:30 A.M.	MEN SHOT PUT
1:30 P.M.	MEN DISCUS
2:00 P.M.	WOMEN SHOT PUT

▪ JUMPS ▪

Friday March 11th, 2016	
4:30 P.M.	MEN LONG JUMP
5:00 P.M.	WOMEN HIGH JUMP
5:00 P.M.	MEN POLE VAULT
7:00 P.M.	WOMEN LONG JUMP

Saturday March 12th, 2016	
10:00 A.M.	MEN TRIPLE JUMP
11:30 A.M.	WOMEN POLE VAULT
12:00 NOON	WOMEN TRIPLE JUMP
2:00 P.M.	MEN HIGH JUMP

▪ RUNNING ▪

Saturday March 12th, 2016	
"ROLLING SCHEDULE"	
11:00 A.M.	WOMEN 3,000M STEEPLECHASE
	MEN 3,000M STEEPLECHASE
	WOMEN 4 X 100M RELAY
	MEN 4 X 100M RELAY
	WOMEN 1500M RUN
	MEN 1,500M RUN
	WOMEN 100M HURDLES
	MEN 110M HURDLES
	WOMEN 400M DASH
	MEN 400M DASH
	WOMEN 100M DASH
	MEN 100M DASH
	WOMEN 800M RUN
	MEN 800M RUN
	WOMEN 400M HURDLES
	MEN 400M HURDLES
	WOMEN 200M DASH
	MEN 200M DASH
	WOMEN 3,000M RUN
	MEN 3,000M RUN
	WOMEN 4 X 400M RELAY
	MEN 4 X 400M RELAY