

# Red Raider Open - 2022

Wednesday, April 13 & Thursday, April 14

## Wednesday

1:00	Decathlon - Day 1	
1:10	Heptathlon - Day 1	
2:00	Hammer	Women
	followed by men at approximately 4:00	
3:30	Javelin	Men
	followed by women at approximately 5:30	
3:30	Pole Vault	Women
	followed by men at approximately 5:30	
5:30	5000 Meter Run	Women
6:00	5000 Meter Run	Men
6:30	4x800 Meter Relay	Women
6:45	10,000 Meter Run	Combined

Heptathlon Day 1	
Wednesday	
1:10	100 M Hurdles
(1:45)	High Jump
(3:15)	Shot Put
(4:00)	200 Meters

Decathlon Day 1	
Wednesday	
1:00	100 Meters
(1:35)	Long Jump
(2:30)	Shot Put
(3:30)	High Jump
(5:00)	400 Meters

## Thursday

9:00	Decathlon - Day 2	
9:00	Heptathlon - Day 2	
11:00	Shot	Women
	followed by men at approximately 1:00	
11:00	Discus	Men
	followed by women at approximately 1:00	
11:00	High Jump	Women
	followed by men at approximately 1:00	
11:00	Triple Jump	Women
	followed by men at approximately 1:00	
11:00	Long Jump	Men
	followed by women at approximately 1:00	
1:00	4x100 Meter Relay	Women
1:05	4x100 Meter Relay	Men
1:10	1500 Meter Run	Women
1:30	1500 Meter Run	Men
1:50	<b>110 Meter Hurdles</b>	<b>Men</b>
2:00	100 Meter Hurdles	Women
2:10	400 Meter Dash	Women
2:20	400 Meter Dash	Men
2:30	100 Meter Finals	Women
2:45	100 Meter Finals	Men
3:00	800 Meter Run	Women
3:15	800 Meter Run	Men
3:30	400 Meter Hurdles	Women
3:40	400 Meter Hurdles	Men
3:55	200 Meter Dash	Women
4:10	200 Meter Dash	Men
4:30	Champion Awards	Combined
4:50	4 x 400 Relay	Women
5:00	4 x 400 Relay	Men

Heptathlon Day 2	
Thursday	
9:00	Long Jump
(10:00)	Javelin
(11:00)	800 Meters

Decathlon Day 2	
Thursday	
9:00	110 M Hurdles
(9:40)	Discus
(11:00)	Pole Vault
(1:00)	Javelin
(2:00)	1500 Meters