

ROWAN UNIVERSITY GIRLS HIGH SCHOOL OPEN
Friday, May 3 and Saturday, May 4, 2019
At ROWAN UNIVERSITY
ANTICIPATED TIME SCHEDULE

FRIDAY

FIELD EVENTS (ALL FIELD EVENTS EXCEPT THE HIGH JUMP WILL BE AT THE WEST CAMPUS)

- 3:30 **Discus** Elite Section, followed by Emerging Elite, followed by Open
3:30 **Javelin** Elite Section, followed by Emerging Elite, followed by Open
3:30 **Shot Put** Elite Section
4:30 followed by **Pentathlon Shot Put (Approximate time 4:30). Will follow Elite Shot Put**
followed by **Emerging Elite**
followed by **Open Shot Put**
3:30 **Long Jump** (2 runways)
Seeded sections: Elite (Runway 1) & Emerging Elite (runway 2)
Open will follow Emerging Elite (Open Pit) (runway 2).
Triple Jump (2 runways).
Seeded sections: Elite (Runway 1) following conclusion of Elite Long Jump
Emerging Elite (runway 2) following conclusion of Open Long Jump
Open will follow Emerging Elite (Open Pit) (runway 2).
3:30 **Pole Vault** (1 section only)
5:00 **High Jump** (at the track)
Elite High Jump, followed by Emerging Elite High Jump
Followed by **Pentathlon High Jump (Tentative. Will begin at the conclusion of Emerging Elite HJ)**
Followed by Open High Jump – starting height 4'6"

TRACK EVENTS

- 5:00 Track cleared for competition
5:05 **Browning Ross 2000m Steeplechase**
5:35 100m Hurdle trials
6:05 **Pentathlon 100HH**
6:15 100m Dash trials
6:40 1500m finals (Ed Mountainland 1500m run)
7:05 400m finals; on time; in lanes
7:35 100m Hurdle final
7:45 2 mile run; on time; 2 heats
8:15 100m Dash finals
8:25 **David K. Long Memorial** 800m finals on time (\$200 scholarship to school of the winner).
8:45 200m finals; on time; in lanes
9:05 400m Hurdle; finals on time
9:30 5000m Finals; 1 heat

SATURDAY

FIELD EVENTS

- 4:30 **Pentathlon Long Jump (West Campus)**

TRACK EVENTS

- 5:15 Track cleared for competition
5:30 4x100 Trials
5:45 Pentathlon 800m Run
5:50 Distance Medley
6:15 Shuttle Hurdles
6:30 800m Run (Middle School)
6:40 4x100 Finals; (top 8)
6:45 3x400 IH Finals
7:00 800m Medley Finals (100-100-200-400)
7:15 4x1 Mile Finals
7:55 4x200 Finals
8:10 4x800 Finals
8:30 Swedish Relay (100-200-300-400)
8:40 4x400 Finals

Meet Director: Ringo Adamson (856) 904-3543 adamson@rowan.edu