

**2019 Aggie Invitational**  
**April 12-13, 2019**  
**Final Schedule of Events**

**Field Events:**

<b>2pm-4pm</b>	<b>Implement Weigh-In</b>
4:00 pm	Javelin Throw (Women followed by Men)
4:00 pm	Hammer Throw (Men)
5:00 pm	Long Jump (Women and Men)

**Running Events:**

Rolling Schedule:

5:00 pm	100 Meter Hurdles Preliminaries (Women)
5:20 pm	110 Meter Hurdles Preliminaries (Men)
5:45 pm	100 Meter Dash Preliminaries (Women)
6:25 pm	100 Meter Dash Preliminaries (Men)
7:05 pm	800 Meter Run (Women)
7:25 pm	800 Meter Run (Men)
7:45 pm	5000 Meter Run (Women)
8:15 pm	5000 Meter Run (Men)
8:35 pm	100 Meter Dash Finals (Women)
8:40 pm	100 Meter Dash Finals (Men)
8:45 pm	110 Meter Hurdles Finals (Men)
8:50 pm	100 Meter Hurdles Finals (Women)

**Saturday, April 13**

**Field Events**

<b>7am-9am</b>	<b>Implement Weigh-in</b>
9:00 am	Triple Jump (Women and Men)
9:00 am	Discus Throw (Women)
9:00 am	Shot Put (Men)
11:00 am	Pole Vault (Men)
12:00 pm	High Jump (Women)
1:00 pm	Discus Throw (Men)
1:00 pm	Shot Put (Women)
3:00 pm	High Jump (Men)
3:00 pm	Pole Vault (Women)
4:00 pm	Hammer Throw (Women)

**Running Events (Timed Finals)**

(All races: Women followed by Men)	
11:00 am	4 x 100 Meter Relay (Women)
11:10 am	4 x 100 Meter Relay (Men)
11:20 am	1500 Meter Run (Women)
11:40 am	1500 Meter Run (Men)
12:00 pm	400 Meter Dash (Women)
12:25 pm	400 Meter Dash (Men)
<b>12:45 pm</b>	<b>(All 200 Meters Declare)</b>
1:00 pm	400 Meter Hurdles (Women)
1:25 pm	400 Meter Hurdles (Men)
1:45 pm	200 Meter Dash (Women)
2:30 pm	200 Meter Dash (Men)
3:15 pm	3000M Steeplechase (Women)
3:40 pm	3000M Steeplechase (Men)
3:55 pm	4 x 400 Meter Relay (Women)
4:05 pm	4 x 400 Meter Relay (Men)

## Final Notes

- AMENITIES:** Coaches Hospitality area will be provided on the 3rd floor of the stadium press box from 12pm-3pm. **No Athletes or children will be allowed in the Coaches Hospitality.**
- CONTACT INFO:** Tempest Vance, Operations Coordinator, Assistant Coach, 1601 E. Market St., Moore Gym, Greensboro, NC 27411, PH: 336-285-4277, Fax: 336-334-7496, Email: [tsvance@ncat.edu](mailto:tsvance@ncat.edu)
- ENTRY FEE:** Entry Fees should be paid at the Golden Helmet Room under the home side bleachers. Please make checks payable to NCA&T Athletics.
- DECLARATIONS:** **Please have your athletes declare for the 200 meters at the time designated on the schedule. Athletes who fail to declare will be scratched from that event. No exceptions will be made.**
- WEIGH-IN** Please have your athletes weigh their implements at the scheduled time. Weigh-in will be located behind the hammer cage.
- RESULTS:** Live results can be found at: [www.halfmiletiming.com](http://www.halfmiletiming.com)
- FIELD EVENTS:** **Minimum marks will be used. The first legal throw or jump will be measured. Any mark afterwards that does not meet the minimum mark will not be measured.**

### 2019 Aggie Invitational Minimum Marks & Starting Heights for Field Events

Any mark that is below the minimum will not be measured.  
We will measure the athlete's first legal attempt.

	<b><u>Women</u></b>		<b><u>Men</u></b>
High Jump:	1.50 (4'11")	High Jump:	1.85 (6' 0")
Pole Vault	2.50 (8' 2")	Pole Vault	3.2 (10' 6")
Long Jump	4.90 (16' 0")	Long Jump	6.50 (21' 3")
Triple Jump	10.5 (34' 5")	Triple Jump	13.0 (42' 6")
Shot Put:	10.0 (32' 8")	Shot Put:	12.0 (39' 4.4")
Discus	30.0 (98' 5")	Discus	34.0 (111' 6.5')
Hammer	30.0 (98' 5")	Hammer	32.0 (105')
Javelin	25.0 (82' 0')	Javelin	40.0 (131' 3')