



LSU Alumni Gold
Bernie Moore Stadium

Revised Time Schedule

As of 4/22/22

Field Events

9:30 AM	Women's Discus (West Cage)
11:00 AM	Men's Discus (West Cage)
12:00 PM	Women's Shot Put
12:00 PM	Women's Pole Vault
12:15 PM	Men's Hammer
1:00 PM	Women's High Jump
1:30 PM	Women's Hammer
1:45 PM	Women's Long Jump
1:45 PM	Men's Long Jump
2:00 PM	Men's Shot Put
3:00 PM	Men's Pole Vault
3:45 PM	Men's Javelin (West Runway)
3:45 PM	Women's Javelin (West Runway)
3:30 PM	Men's High Jump
3:45 PM	LeJuan Simon Men's Triple Jump
3:45 PM	Women's Triple Jump

Running Events

1:27 PM	<i>National Anthem</i>
1:30 PM	Women's 4 x 100 Meter Relay
1:35 PM	Men's 4 x 100 Meter Relay
1:40 PM	Women's 1500 Meters
1:50 PM	Men's 1500 Meters
2:00 PM	Women's 100 Hurdles
2:10 PM	Men's 110 Hurdles
2:20 PM	Women's 400 Meters
2:35 PM	Men's 400 Meters
2:45 PM	Women's 100 Meters
3:00 PM	Men's 100 Meters
3:15 PM	Women's 800 Meters
3:20 PM	Men's 800 Meters
3:30 PM	Women's 400 Hurdles
3:35 PM	Men's 400 Hurdles
3:45 PM	Women's 200 Meters
4:05 PM	Men's 200 Meters
4:25 PM	Women's 4 x 400 Relay
4:35 PM	Men's 4 x 400 Relay