



2020 MPC Open

Time Schedule

Field Events (Throw Events - 4 Throws – No Finals / Horizontal Jump Events - 4 Jumps - No Finals)

Pole Vault (Women 1st followed by Men).....	10:00am
Shot Put (Women 1st followed by Men).....	10:00am
Long Jump (Men 1st followed by Women).....	10:00am
Triple Jump (Men 1st followed by Women).....	1:00pm
High Jump (Women 1st followed by Men).....	1:00pm
Discus (Women 1st followed by Men).....	1:00pm

Track Events

W 3000m.....	11:00am
M 3000m.....	11:20am
National Anthem.....	11:55am
W 4x100m Relay.....	12:00pm
M 4x100m Relay.....	12:10pm
W 1500m.....	12:20pm
M 1500m.....	12:30pm
W 100m Hurdles.....	12:40pm
M 110m Hurdles.....	12:55pm
W 400m.....	1:10pm
M 400m.....	1:20pm
W 100m.....	1:35pm
M 100m.....	1:45pm
W 800m.....	1:50pm
M 800m.....	2:05pm
W 400m Hurdles.....	2:20pm
M 400m Hurdles.....	2:35pm
W 200m.....	2:50pm
M 200m.....	3:00pm
W 5000m.....	3:10pm
M 5000m.....	3:35pm
‘Cass Jackson’ 4x400m Relays (Women 1st followed by Men).....	4:00pm

