



Embry Riddle *Running Elements* Classic Meet Schedule

Thursday March 28, 2024

12:30 p.m. Decathlon (Men) 100, Long jump, shot put, High jump, 400

1:00 p.m Heptathlon (women) 100 hurdles, High jump, shot put, 200

Friday, March 29, 2024

MULTI EVENTS

9:30 a.m. Decathlon (Men) 110h, discus, PV, Jav, 1500

10:00 a.m. Heptathlon (women) long jump, javelin, 800

RUNNING EVENTS

FIELD EVENTS

2:30 p.m. Collegiate 5000 meter racewalk

3:00 p.m. Collegiate women's 100 hurdle **prelims**

3:15 p.m. Collegiate men's 110 hurdle **prelims**

3:30 p.m. Collegiate women's 100m **prelims**

3:45 p.m. Collegiate men's 100m **prelims**

4:25 p.m. Collegiate women's steeplechase

4:40 p.m. Collegiate men's steeplechase

4:55 p.m. Collegiate Women 1500

2:30 p.m. Hammer (women then men)

2:30 p.m. Long jump (women and men)

4:00 p.m. Pole Vault (women then men)

- All Participants in the 200 must declare intent to participate by 5:00 PM -

5:25 p.m. Collegiate Men 1500

5:50 p.m Collegiate women's 4 x 800m

6:00 p.m. Collegiate men's 4 x 800 m

6:10 p.m. Collegiate women's 200 m **prelims**

6:35 p.m. Collegiate men's 200m **prelims**

7:10 p.m Collegiate & Open Women 5000m

7:55 p.m. Collegiate & Open Men 5000m

8:50 p.m. Collegiate & Open Women 10,000m

9:30 p.m. Collegiate & Open Men 10,000m

5:00 p.m. High Jump (men then women)

5:00 p.m. Javelin (women then men)



Embry Riddle *Running Elements* Classic Meet Schedule Saturday, March 30, 2024

RUNNING EVENTS

8:30 a.m. **Alumni Kid's race**
9:00 a.m. HS girl's 4 x 800
9:15 a.m. HS boy's 4 x 800
9:25 a.m. HS girl's 3200m
9:40 a.m. HS boy's 3200m
10:05 a.m. **Alumni mile**
10:10 a.m. HS Girls High Hurdles
10:20 a.m. Collegiate women high hurdles **FINAL**
10:30 a.m. HS Boys High Hurdles
10:40 a.m. Collegiate men's high hurdles **FINAL**
10:45 a.m. HS Girls 100
11:00 a.m. HS Boys 100
11:20 a.m. Collegiate Women 100 **FINAL**
11:25 a.m. Collegiate Men 100 **FINAL**
11:30 a.m. HS Girls 1600
11:45 a.m. HS Boys 1600
12:10 p.m. HS Girls 4 x 100
12:15 p.m. HS Boys 4 x 100
12:20 p.m. Collegiate/open Women 4 x 100
12:25 p.m. Collegiate/open Men 4 x 100
12:35 p.m. **Alumni 4 x 200**
12:40 p.m. HS Girls 400
1:00 p.m. HS Boys 400
1:20 p.m. Collegiate & Open Women 400
1:30 p.m. Collegiate & Open Men 400
2:00 p.m. wheelchair 400
2:05 p.m. HS Girls 400m Hurdles
2:15 p.m. HS Boys 400m Hurdles
2:30 p.m. Collegiate & Open Women 400m Hurdles
2:40 p.m. Collegiate & Open Men 400m Hurdles
3:00 p.m. HS Girls 800m
3:10 p.m. HS Boys 800m
3:30 p.m. Collegiate & Open Women 800m
3:50 p.m. Collegiate & Open Men 800m
4:10 p.m. Wheelchair 800
4:15 p.m. HS Girls 200m
4:35 p.m. HS Boys 200m
4:55 p.m. Collegiate Women 200m **FINAL**
5:00 p.m. Collegiate Men 200m **FINAL**
5:10 p.m. HS Girls 2000m Steeple
5:20 p.m. HS Boys 2000m Steeple
5:30 p.m. HS Girls 4 x 400
5:40 p.m. HS Boys 4 x 400
5:50 p.m. Collegiate & Women 4 x 400
6:00 p.m. Collegiate & Men 4 x 400

FIELD EVENTS

9:00 a.m. College Discus (women then men)

9:00 a.m. Shot Put
(HS girls then boys)

10:00 a.m. Long Jump
(HS girls and boys)

10:00 a.m. Pole Vault (girls then boys)

12:00 p.m. High School Discus
(Hs girls then boys (west cage))

12:00 p.m. College Shot Put (women then Men)

12:00 p.m. High Jump
(HS girls then boys)

12:00 p.m. Triple Jump
(coll. men then HS boys, pit 1)
(coll. women then HS girls, pit 2)

3:00 p.m. Javelin (HS girls then boys)