



2023 Moorpark College Invitational

FRIDAY March 31st, 2023

Updated 3/29/23

Throwing events & horizontal jumps will be conducted on a rolling schedule.

At the completion of each flight, the next event will be given 15 minutes for warmups and then will begin.

FIELD EVENTS

Time	Gender	Event	Time	Gender	Event
12:00	M-> W	POLE VAULT	12:00	M-> W	Javelin, Discus, Hammer
12:00	W -> M	LONG JUMP			
	W-> M	TRIPLE JUMP		W -> M	Shot Put (will begin after javelin)
1:30	W -> M	HIGH JUMP			

RUNNING EVENTS

Time	Gender	Event	Heats
12:15 PM	W	3000m SC	(1)
12:30 PM	M	3000m SC	(1)
12:50 PM	W	4x100M	(1)
12:55 PM	M	4x100M	(1)
1:05 PM	W	1500M.	(1)
1:15 PM	M	1500M	(2)
1:30 PM	W	100H	(1)
1:40 PM	M	110HH	(1)
1:50 PM	W	400M	(1)
1:55 PM	M	400M	(3)
2:10 PM	W	100M	(3)
2:20 PM	M	100M	(6)
2:40 PM	W	800M	(2)
2:50 PM	M	800M	(4)
3:05 PM	W	400M H	(1)
3:15 PM	M	400M H	(1)
3:30 PM	W	200M	(2)
3:35 PM	M	200M	(6)
3:50 PM	W	5,000M	(1)
4:15 PM	M	5,000M	(1)
4:40 PM	W	4 X 400M	(1)
4:45 PM	M	4 x 400M	(1)
4:50 PM	MIXED	4 x 400M	(1)

Live Results
&
Meet Information:
<http://www.MoorparkTrack.com>