



**2021 Embry-Riddle
Blue and Gold Invite
March 20, 2021**

Meet Schedule

Field Events

| | | |
|----------|------------------------------------|-----------------|
| 10:00 AM | Javelin | (W then M) |
| 10:00 AM | W. Long Jump | |
| 11:30 AM | Shot Put | (W then M) |
| 11:15 AM | M. Long Jump | |
| 12:30 PM | W. Triple Jump | |
| 1:00 PM | High Jump | (W then M) |
| 1:00 PM | Discus | (W then M) |
| 1:00 PM | Pole Vault (pit opens at 12:00 PM) | (W then M) |
| 1:45 PM | M. Triple Jump | |
| 2:30 PM | Hammer Throw | (M& W combined) |

Track Events

| | |
|----------|----------------------------|
| 10:00 AM | Women's 5000m |
| 10:25 AM | Men's 5000m |
| 11:05 AM | Women's 4 x 100 |
| 11:10 AM | Men's 4 x 100 |
| 11:15 AM | Women's 1500m |
| 11:20 AM | Men's 1500m |
| 11:45 AM | Women's 100m Hurdle |
| 11:55 AM | Men's 110 Hurdle |
| 12:05 PM | Women's 400 |
| 12:15 PM | Men's 400 |
| 12:30 PM | Women's 100m |
| 12:35 PM | Men's 100m |
| 12:45 PM | Women's 800 meter |
| 1:00 PM | Men's 800 meter |
| 1:15 PM | Women's 400 Hurdles |
| 1:25 PM | Men's 400 Hurdles |
| 1:35 PM | Women's 200m |
| 1:50 PM | Men's 200m |
| 2:05 PM | Women's 3000m Steeplechase |
| 2:20 PM | Men's 3000m Steeplechase |
| 2:35 PM | Women's 4 x 400 |
| 2:50 PM | Men's 4 x 400 |