

ROWAN UNIVERSITY GIRLS HIGH SCHOOL OPEN
Friday, May 1 and Saturday, May 2, 2015
ANTICIPATED TIME SCHEDULE

FRIDAY

FIELD EVENTS

4:30	Pentathlon Shot Put (at Glassboro High School)
3:00	Shot Put (Elite Section)
	Emerging Elite & Open Shot Put (Will begin at the conclusion of the Elite Shot Put)
3:00	Javelin (Elite Section). Emerging Elite & Open Section will begin at the conclusion of the Elite Javelin
3:00	Long Jump (2 runways). <i>Elite & Emerging Elite will jump first on separate runways (seeded)</i> <i>Open will follow (Open Pit).</i>
5:00	Open High Jump – starting height 4'6"
6:30	Pentathlon High Jump (Tentative. Will begin at the conclusion of the Open High Jump).

TRACK EVENTS

5:00	Track cleared for competition
5:10	Browning Ross 2000m Steeplechase
5:35-6:05	100m Hurdle trials
6:05-6:10	Pentathlon 100HH
6:15-6:35	100m Dash trials
6:35-7:00	1500 run finals (Ed Mountainland 1600m run)
7:00-7:30	400m finals; on time; in lanes
7:30-7:40	100m Hurdle final
7:40-8:10	2 mile run; on time; 2 heats
8:10-8:15	100m Dash finals
8:15-8:35	David K. Long Memorial 800m finals on time (\$200 scholarship to school of the winner).
8:35-8:55	200m finals; on time; in lanes
8:55-9:20	5000m Finals; 1 heat
9:20	400m Hurdle; finals on time

SATURDAY

FIELD EVENTS

3:30	Elite Triple Jump. (Emerging Elite to follow).
4:30	Pentathlon Long Jump (Open Triple Jump to follow) (at Glassboro HS).
3:30	Discus (Elite Section). Emerging Elite & Open Section will begin at the conclusion of the Elite Discus.
3:30	Pole Vault
5:00	Elite High Jump – Starting height 4'8"
	Emerging Elite High Jump. Starting Height 4'6" (will begin at conclusion of Elite High Jump)

TRACK EVENTS

5:00-5:45	Warm-ups on track
5:45-6:00	Track cleared for competition
6:00-6:20	4x100 Trials
6:20-6:45	Distance Medley
6:45-7:00	Shuttle Hurdles
7:00-7:05	800m Run (Middle School)
7:05-7:10	Pentathlon 800m Run
7:10-7:15	4x100 Finals; (top 8)
7:15-7:30	3x400 IH Finals
7:30-7:45	800m Medley Finals (100-100-200-400)
7:45-8:25	4x1500 Finals
8:25-8:40	4x200 Finals
8:40-9:00	4x800 Finals
9:00-9:15	Middle School 4x100 Finals
9:15-9:25	Sprint Medley Finals
9:25-9:45	4x400 Finals

FACILITY: Newly renovated stadium, 2 runways. New long jump and triple jump runways
¼" pyramid spikes max

*****IMPORTANT INFORMATION ABOUT FIELD EVENTS******

Coaches,

Rowan University is in the process of relocating their athletic fields to the West Campus.

We anticipate that the field events will be held at the West Campus on Route 322 (near Route 55).

However, if the fields are not ready, will be using Glassboro High School for the field events for this year only.

The Pentathlon Shot Put and Long Jump will be held at Glassboro HS.

Final instructions for the field events will be posted on rugirlshsopen.com by Wednesday, April 22nd.