

Edward Jones Thursday Night Spikes

Order of Events



Field Events

3:30 Long Jump B
High Jump G
Shot Put B
Discus G
Pole Vault B
Triple Jump G

4:30 High Jump B
Shot Put G
Discus B
Pole Vault G

5:30 Javelin G
Triple Jump B
Long Jump G

6:00 Javelin B

Running Events

3:30 4 x 800m
4:00 1600 Section 1 (if needed)
4 x 100m
1600m Section 2
400m
100m
100m-110m Hurdles
800m
200m
300m Hurdles
3200m
4 x 400m