



Saturday, June 18, 2022
 San Francisco State University,
 Cox Stadium
 San Francisco, CA

Meet Schedule

NOTE: All events will be on a rolling schedule with a divisional order of Women then Men, Open followed by Masters, youngest divisions first. Start times provided are estimates so be prepared to compete at the conclusion of the prior listed event.

AWARDS: All event awards will be presented following the conclusion of each event to **top 3 finishers in every division**. Age-group heats may be combined on the track or field but will be awarded separately.

Track Schedule – Morning Session

Check-in: Morning track event competitors must check-in with clerk **45 minutes before their event or by 10:00am** – whichever comes first.

5,000m.....	9:00 AM
110m/100m/80m Hurdles.....	+/- 10:00 AM
400m.....	+/- 10:30 AM
100m.....	+/- 11:00 AM
800m.....	+/- 11:30 AM

Track Schedule – Afternoon Session

Check-in: Afternoon track event competitors must check-in with clerk **45 mins. before their event or by 1:00pm** – whichever comes first.

4x100m Relay.....	1:00 PM
400m/300m Hurdles.....	+/- 1:15 PM
Mile.....	+/- 1:30 PM
200m.....	+/- 2:00 PM
4x400m.....	+/- 2:30 PM
4x200m.....	+/- 3:00 PM

Field Event Schedule

Check-in: Field event competitors must check-in with event officials **30 minutes prior to the start of the event**.

Hammer Throw	9:00 AM
Long Jump (<i>open pit, all divisions</i>)	9:00 AM
High Jump (<i>after Long Jump</i>).....	+/- 10:30 AM
Discus Throw (<i>after Hammer</i>).....	+/- 10:30 AM
Pole Vault (<i>after Discus</i>)	+/- 12:00 PM
Javelin Throw (<i>after HJ and PV</i>).....	+/- 12:45 PM
Shot Put (<i>after Javelin</i>).....	+/- 2:00 PM
Triple Jump (<i>open pit, all divisions, after Javelin</i>).....	+/- 2:00 PM

In case of conflicts, running events take precedence. Please notify field event officials of any conflicts upon event check-in.

This schedule is subject to change so please check our website (www.pridemeet.org) as the meet approaches to get the most up-to-date information!