# Icebreaker Open

Friday, December 9, 2023
University Fieldhouse

## Meet Schedule

### Men’s Heptathlon

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30AM</td>
<td>60m Dash</td>
</tr>
<tr>
<td>Est 11:05AM</td>
<td>Long Jump</td>
</tr>
<tr>
<td>Est 12:05PM</td>
<td>Shot Put</td>
</tr>
<tr>
<td>Est 1:00PM</td>
<td>High Jump</td>
</tr>
</tbody>
</table>

### Women’s Pentathlon

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:45AM</td>
<td>60m Hurdles</td>
</tr>
<tr>
<td>Est 11:20AM</td>
<td>High Jump</td>
</tr>
<tr>
<td>Est 12:50PM</td>
<td>Shot Put</td>
</tr>
<tr>
<td>Est 1:40PM</td>
<td>Long Jump</td>
</tr>
<tr>
<td>Est 3:30PM</td>
<td>800m Run</td>
</tr>
</tbody>
</table>

### Throws

- **2:00 PM**
  - Men’s Shot Put
  - Women’s Shot Put to follow (Est. 3:10pm)
  - 20 min warm up between genders

- **4:30 PM**
  - Men’s Weight Throw
  - Women’s Weight to follow (Est. 5:30pm)
  - 20 min warm up between genders
  - 30 min warm up between conclusion of shot and start of weight

### Field Events

- **2:00 PM**
  - Men’s Pole Vault
  - Women to follow - 45 minute warm up

- **3:00 PM**
  - Men’s & Women’s Long Jump – 2 Pits (Both Genders Simultaneously)

- **3:00 PM**
  - Women’s High Jump

- **4:30 PM**
  - Men’s High Jump

- **5:00 PM**
  - Men’s & Women’s Triple Jump – 2 Pits – (Both Genders Simultaneously)
MINNESOTA TRACK & FIELD

RUNNING EVENTS

Gender listed first will perform the event first, followed by the other.

3:00PM WOMEN’S 60M HURDLES TRIALS
9 Advance to Finals (Heat winners advance, followed by next best times)
3:10PM MEN’S 60M DASH TRIALS
3:20PM WOMEN’S 60M DASH TRIALS
9 Advance to Finals (Heat winners advance, followed by next best times)
3:30PM WOMEN’S PENT 800M RUN
3:35PM MEN’S MILE
3:45PM WOMEN’S MILE
3:55PM MEN’S 300M DASH
4:00PM WOMEN’S 300M DASH
4:15PM WOMEN’S 60M HURDLE FINAL
4:20PM MEN’S 60M HURDLE FINAL
4:25PM MEN’S 60M DASH FINALS
4:30PM WOMEN’S 60M DASH FINALS
4:35PM MEN’S 400M DASH
4:50PM WOMEN’S 400M DASH
5:00PM MEN’S 800M RUN
5:05PM WOMEN’S 800M RUN
5:10PM MEN’S 600M RUN
5:15PM WOMEN’S 600M RUN
5:25PM MEN’S 200M DASH – Must Declare by 400M Start
5:40PM WOMEN’S 200M DASH - Must Declare by 400M Start
5:55PM MEN’S 3,000M RUN
6:10PM WOMEN’S 3,000M RUN
6:25PM MEN’S 4x400M RELAY
6:30PM WOMEN’S 4x400M RELAY

Saturday, December 10, 2023

MEN’S HEPTATHLON

11:00AM 60M HURDLES
11:35AM POLE VAULT
2:00PM 1000M RUN