Icebreaker Open

Friday, December 9, 2023
University Fieldhouse

MEET SCHEDULE

MEN'S HEPTATHLON

10:30AM	60m DASH
Est 11:05AM	LONG JUMP
Est 12:05PM	SHOT PUT
Est 1:00PM	HIGH JUMP

WOMEN'S PENTATHLON

10:45AM	60m HURDLES
Est 11:20AM	HIGH JUMP
Est 12:50PM	SHOT PUT
Est 1:40PM	LONG JUMP
Est 3:30PM	800m RUN

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
	W*omen'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