DOUGLAS FORREST INVITATIONAL MEET
Saturday, 14 January 2023
www.facebook.com/dfinvitational
ORDER OF EVENTS
TRACK EVENTS

	TIME	EVENTS	GENDER	CLASS	SPONSOR
1	8:30 a.m.	400M Hurdles	Female	Open	
2	8:45 a.m.	400M Hurdles	Male	Class 2	
3	9:00 a.m.	400M Hurdles	Male	Class 1	
4	9:20 a.m.	3000M	Female	Open	
5	9:45 a.m.	5000M	Male	Open	
6	10:00 a.m.	800M	Female	Class 1/ Open	
7	10:15 a.m.	800M	Female	Class 2	
8	10:30 a.m.	800M	Female	Class 3	
9	10:45 a.m.	800M	Male	Class 1/ Open	
10	11:00 a.m.	800M	Male	Class 2	
11	11:15 a.m.	800M	Male	Class 3	
12	11:45 a.m.	200M	Female	Class 4	
13	12:15 p.m.	200M	Female	Class 3	
14	1:15 p.m.	200M	Female	Class 2	
15	1:45 p.m.	200M	Female	Class 1	
16	2:20 p.m.	200M	Female	Special Olympics	
17	2:50 p.m.	200M	Male	Class 3	
18	3:10 p.m.	200M	Male	Class 2	
19	4:00 p.m.	200M	Male	Class 1	
20	4:15 p.m.	200M	Male	Special Olympics	
21	4:20 p.m.	1500M	Male	Class 3	
22	4:30 p.m.	1500M	Female	Class 3	
23	5:40 p.m.	1500M	Female	Class 2	
24	4:45 p.m.	1500M	Male	Class 2	
25	5:00 p.m.	1500M	Female	Class 1/ Open	
26	5:15 p.m.	1500M	Male	Class 1/ Open	
27	5:20 p.m.	Medley Relay	Female	Open	
28	5:35 p.m.	Medley Relay	Male	Open	
29	5:45 p.m.	4 x 400M	Female	Open	
30	6:00 p.m.	4 x 400M	Male	Open	

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FIELD EVENTS

	TIME	EVENTS	GENDER	CLASS	SPONSOR
1		Long Jump	Boys	Class 1	
2		Long Jump	Girls	Class3	
3	8:30 a.m.	Long Jump	Boys	Class 2	
4		Long Jump	Girls	Class 2	
5		Long Jump	Boys	Class 3	
6		Long Jump	Girls	Class 1	
7	9:00 a.m.	Shot Putt	Boys	Class 2	
8	10:45 a.m.	Shot Putt	Girls	Class 1	
9	10:45 a.m.	Shot Putt	Female	Open	
10	12:30 p.m.	Shot Putt	Boys	Class 1	
11	2:30 p.m.	Shot Putt	Male	Open	
12	3:30 p.m.	Shot Putt	Girls	Class 2	
13	3:00 p.m.	Triple Jump	Girls	Open	
14		Triple Jump	Boys	Open	
15	9:00 a.m.	Discus	Girls	Class 3	
16	11:00 a.m.	Discus	Boys	Class1	
17	12:45 a.m.	Discus	Men	Open	
18	1:45 a.m.	Discus	Girls	Class 2	
19	3:00 a.m.	Discus	Boys	Class 2	
20	4:00 p.m.	Discus	Girls	Class 1	