

## Scarlet and White Meet - February 7, 2015

Enter via Direct Athletics ([www.directathletics.com](http://www.directathletics.com)). Entry fee is \$20 per event. Pay at time of packet pick up as you enter the facility. ¼" pyramid spikes only.

Tentative Time Table Will Be Adjusted As Needed After Entries Received

FIELD EVENTS: Eight to the final. Flights will be seeded, with the top seeded flight going last.

- 10:00 Women's Shot Put, followed by Men's Shot Put,  
followed by Women's Weight, followed by Men's Weight
- 10:00 Women's Pole Vault, followed by Men's Pole Vault
- 10:00 Women's High Jump, followed by Men's High Jump
- 10:00 Women's Long Jump, followed by Men's Long Jump,  
followed by Women's Triple Jump, followed by Men' Triple Jump

RUNNING EVENTS: Heats will run fast to slow.

- 11:00 60 Meter Hurdle Hurdles (Women, then Men)
- 11:30 Mile Run (Women, then Men)
- 12:20 60 Meter (Women, then Men)
- 12:40 400 Meters (Women, then Men)
- 1:10 500 Meters (Women, then Men)
- 1:30 800 Meters (Women, then Men)
- 2:15 200 Meters (Women, then Men)
- 2:40 1000 Meters (Women, then Men)
- 3:10 3000 Meters (Women, then Men)
- 4:00 4x400 (Women, then Men)
- 4:40 5000 Meters (Women, then Men)

