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CROSS COUNTRY/TRACK & FIELD OFFICE

**LAFAYETTE – LEHIGH  
MEN’S and WOMEN’S TRACK & FIELD**

**4/8/17**

**Time Schedule**

**FIELD EVENTS:**

10:00 AM Women’s and Men’s Pole Vault (warm up together) **INSIDE**  
11:30 AM Women’s Hammer (Men to follow)  
11:45 AM Men’s Long Jump (Women to follow)  
11:45 AM Women’s High Jump (Men to follow)  
11:45 AM Men’s Javelin (Women to follow)  
Men’s Triple Jump (following Women’s Long Jump)  
Women’s Triple Jump (following Men’s Triple Jump)  
Women’s Discus (following Men’s Hammer)  
Men’s Discus (following Women’s Discus)  
Men’s Shot Put (following Women’s Javelin)  
Women’s Shot Put (following Men’s Shot Put)

**TRACK EVENTS:**

12:30 PM 4 x 100M (W)  
12:35 PM 4 x 100m (M)  
12:40 PM 3,000M Steeplechase (W)  
12:55 PM 3,000M Steeplechase (M)  
1:10 PM 1,500M (W)  
1:15 PM 1,500M (M)  
1:30 PM 100M Hurdles (W)  
1:40 PM 110M Hurdles (M)  
1:45 PM 400M (W)  
1:50 PM 400M (M)  
1:55 PM 100M (W)  
2:00 PM 100M (M)  
2:05 PM 800M (W)  
2:10 PM 800M (M)  
2:25 PM 400M Hurdles (W)  
2:30 PM 400M Hurdles (M)  
2:35 PM 200M (W)  
2:40 PM 200M (M)  
2:45 PM 5,000M (W)  
3:05 PM 5,000M (M)  
3:25 PM 4 x 400M (W)  
3:30 PM 4 x 400M (M)