



University of Washington
2012 Indoor Track & Field Season

Dempsey Indoor

COLLEGE/OPEN MEET INFORMATION

Please direct all meet communication to:

Jason Drake
Meet Director
University of Washington Track & Field

Phone: 206-543-9880

Email: jzdrake@uw.edu

Website: www.gohuskies.com

Entries: www.directathletics.com



Dear Coaches and Athletes,

The University of Washington presents its 2012 Dempsey Indoor Schedule. This summer the Dempsey Indoor Track was resurfaced with fresh Mondo, and we anticipate better marks than ever! We will again host five meets along with the MPSF Championships. All meets have descriptions on the following pages giving competitors a greater understanding of each meet.

As we begin another year of track and field in the Dempsey, our goal is to provide the best track & field meets possible. We will do our best to accommodate all those competing with the very best environment. Due to the overwhelming demand for indoor meets we have several changes this year.

As always we will try to accommodate all Division I programs, but open athletes and Non-Division I athletes must meet the minimum standards. We simply cannot accept all entries. In addition, we will predominately use TFRRS marks for the purpose of seeding races. If you would like an athlete to be considered for one of the top sections, we ask you to email our meet director with a justification for being in the top sections. All other sections will be seeded by TFRRS marks. If an athlete does not have a TFRRS mark, then verification of the entry mark must be included with the entry.

Another change this year will be our schedule. The Husky Classic and UW Invitational will have 200s and B sections of the Pole Vault on Friday evening. Please keep in mind that schedules **WILL CHANGE** depending on entries, but the day of the events will not change from the preliminary schedules. As usual we will use www.directathletics.com for meet registration, and will submit all results to the Track and Field Results Reporting System (TFRRS) through Direct Athletics at the conclusion of the meet.

Finally, we hope to have more teams pay their entry fees online in Direct Athletics. To encourage online payment, teams will be given a \$50 discount to pay online. Direct Athletics will give you the option to pay online during the registration process.

Please review the enclosed information closely. Again keep in mind that preference will be given to Division I schools for the Husky Classic and the UW Invitational. Feel free to contact our Meet Director, Jason Drake at jzdrake@uw.edu with any questions or issues.

We appreciate your support of our indoor meets and wish you all the best in your 2011-2012 seasons.

Sincerely,

Greg Metcalf
Head Track & Field Coach
University of Washington Track & Field



The University of Washington 2012 Indoor Track & Field Meets

UW Indoor Preview

January 14, 2012

*The UW Indoor Preview will be open to all Division I athletes or teams, and individuals who meet the minimum entry standards. All entry marks must be TFRRS marks from the 2010-12 seasons or verification of the mark must be provided during the entry process. We will check all entry marks for accuracy. The event schedule will start at 9:00 am and will conclude approximately at 6:00 pm. **Because of limits on field sizes, we CANNOT guarantee that an entry will be accepted into the meet. Entry fees for athletes not accepted into the meet will NOT be refunded.**

UW Invitational

January 27-28, 2012

*The UW Invitational will be open to all Division I athletes and teams. Other teams and individuals will only be accepted by special request to Meet Director Jason Drake (jjdrake@uw.edu/206-543-9880). The minimum entry standards are stronger than the UW Indoor Preview. All entry marks must be TFRRS marks from the 2010-12 seasons or verification of the mark must be provided during the entry process. This is a two-day event that will include a 2-day multi-event competition. You must register for the multi by January 18th, and a separate entry fee will apply. Please contact our Multis Coordinator, Audra Smith (audras2@uw.edu, 206-221-4047) with any questions regarding this event.

Husky Classic

February 10-11, 2012

* The Husky Classic will be open to all Division I athletes and teams. Other teams and individuals will only be accepted by special request to Meet Director Jason Drake (jjdrake@uw.edu/206-543-9880). This two-day event will contest DMRs, 5ks, 200s, and the B section of the Vault on Friday evening. Saturday's event will feature highly competitive fields starting at 9:00 am, ending approximately at 6:00 pm. The field sizes will be limited in order to provide the most competitive opportunities for the athletes. In the event schedule, you will find proposed heat and flight numbers. We will restrict entries in order to stay close to these field sizes. All entry marks must be TFRRS marks from the 2010-12 seasons or verification of the mark must be provided during the entry process.

UW Open Meet

February 12, 2012

*The UW Open meet is open to all athletes & teams wishing to compete. This is a one-day event beginning at 9:00 am and concludes at approximately at 4:00 pm. **Because of limits on field sizes, we CANNOT guarantee that an entry will be accepted into the meet. Entry fees for athletes not accepted into the meet will NOT be refunded. Athletes who are not accepted into the meet will be placed on a waitlist and entered into the meet as space becomes available.**

UW Final Qualifier

March 3, 2012

*The UW Final Qualifier is open to all Division I athletes and teams as well as athletes who are able to meet the minimum entry standards. All NCAA Division I athletes will be given preference in seeding assignments in order to serve the focus of the meet. This will be a short meet beginning at 9:00 am and concluding at approximately 3:00 pm.



DEMPSEY INDOOR 2012 MEET INFORMATION

- Teams are asked to limit roster sizes to 25 men and 25 women. Coaches should know that discretion will be shown in looking at heats and flights for athletes who are entered in multiple events.
- Entries are due on Monday before midnight prior to each meet, with the exception of the UW Invitational Multi. Entries for the Multi are due January 18th, 2012 at midnight.
- Entry fees are \$400 per team per gender if paid online, or \$450 for teams that pay at the meet site. Individual entries are \$30, payable online only. Schools with 14 or more athletes are considered to have a team. Teams with 13 or less athletes will pay \$30 dollars per athlete.
- All schedules and entries are tentative until an accepted list of entries is posted on the Thursday prior to competition.
- We will limit fields on the track and in the field in order to contest the meet within the proposed time schedules. This means we will only take a certain number of athletes in particular events. **No entry at www.directathletics.com is guaranteed a spot in the meet. Each entry is at the discretion of the meet director. Entry fees for athletes not accepted into the meet will NOT be refunded.**
- All individuals and Non-Division I teams must email Meet Director Jason Drake for a www.directathletics.com password for the Husky Classic and UW Invitational. Non-Division I athletes must meet the entry standards. High School athletes that have met the entry standards are welcome to run in the UW Invitational, UW Preview and the UW Open. NO High School athletes will be accepted for the Husky Classic.
- All Individuals must pay online (Entries Will Not Be Accepted At the Door). Packet pick-up will be available during practice time the day before each competition, and 2 hours before the first event on the day of competition.
- TFRRS marks from the 2010 -2012 Indoor and Outdoor seasons will be the primary guide for proper seeding. **Meet management will use their discretion when setting up the top heats and flights.** If an athlete does not have a TFRRS mark, they must enter a time that can be verified online. Times/marks that cannot be verified will be moved to slower sections or subject to non-acceptance into the meet. Please email meet director Jason Drake for consideration into the top sections.
- Athletes in running events must report to the clerk of the course located at the NW corner of the facility **60 minutes prior to their event. Athletes not checked-in will be scratched.** Athletes will report to the starting line 10 minutes prior to start. Field event contestants should check-in with the head official of their event area 60 minutes prior to the start of their event.
- Warm-up for Teams & Athletes will be from 2-7 pm the day before competition begins. Contact Meet Director Jason Drake for exceptions.

- The Dempsey indoor facility is a 307-meter Mondo track with a six lane straightaway, and a five-lane oval. For the field the Dempsey has a 160 ft. elevated wooden long jump runway (132 ft. TJ) with Mondo overlay; a 150 ft. elevated wooden pole vault runway with Mondo overlay; a 80 ft. right/left wooden high jump approach area with Mondo overlay; reinforced wooden throwing rings.
- Spectator admission is free. Spectators are not allowed on the track or in the warm-up area, and must stay in roped off areas.
- Parking is south of Husky Stadium (Lot E12) w/ permit or North of the Baseball field (Lot E1). Do not park in Lots E8 or E9, you will be ticketed.
- Facility Entrance is located on the South end of the facility, nearest the football stadium. All other entries are for official use only.
- No food or drinks are allowed inside the facility.
- **NO HEADPHONES ARE ALLOWED IN THE COMPETITION AREA.**
- Only indoor shots and weights are allowed. Implements will be weighed in at the SE corner of the facility beginning one hour prior to the event.
- Results will be posted throughout the meet, and live results are always available on www.gohuskies.com.
- Shower facilities will be available upon request, after the meet has concluded.
- Flats or track shoes with spikes no longer than one-quarter inch (1/4"). Spike length will be strictly enforced. Athletes not complying with this specification will not be allowed to compete.

**Dempsey Indoor 2012
Entry Standards
UW Indoor Preview & NCAA Final Qualifier**

We will confine fields on the track and in the field that allow us to contest the meet within the proposed time schedules. That may mean that we will take only a certain number of athletes in particular events. No entry at www.directathletics.com is guaranteed a spot in the meet. Each entry is at the discretion of the meet director.

Men

**60m Dash: 7.20
100m Dash: 11.10
200m Dash: 22.60
400m Dash: 50.70
600m Run: 1:25.00
800m Run: 1:56.00
Mile Run: 4:22.00
3000m Run: 8:35.00
60m Hurdles: 9.10
4x400m Relay: 3:20.00
Long Jump: 21-08 (6.60m)
Triple Jump: 45-00 (13.71m)
High Jump: 6-06 (1.98m)
Pole Vault: 14-08 (4.47m)
Shot Put: 45-00 (13.72m)
Weight Throw: 48-00 (14.63m)**

Women

**60m Dash: 8.25
100m Dash: 12.45
200m Dash: 26.10
400m Dash: 59.60
600m Run: 1:39.00
800m Run: 2:20.00
Mile Run: 5:15.00
3000m Run: 10:30.00
60m Hurdles: 9.75
4x400m Relay: 4:15.00
Long Jump: 17-00 (5.18m)
Triple Jump: 36-06 (11.13m)
High Jump: 5-03 (1.60m)
Pole Vault: 10-06 (3.20m)
Shot Put: 40-00 (12.19m)
Weight Throw: 47-06 (14.48m)**

**Dempsey Indoor 2012
Entry Standards
UW Invitational & Husky Classic**

We will confine fields on the track and in the field that allow us to contest the meet within the proposed time schedules. That may mean that we will take only a certain number of athletes in particular events. No entry at www.directathletics.com is guaranteed a spot in the meet.

Men

**60m Dash: 6.90
200m Dash: 21.75
400m Dash: 48.60
800m Run: 1:52.40
Mile Run: 4:09.00
3000m Run: 8:17.00
5000m Run: 14:35.00
60m Hurdles: 8.25
4x400m Relay: 3:15.00
Long Jump: 23-03 (7.08m)
Triple Jump: 47-05 (14.45m)
High Jump: 6-07 (2.01m)
Pole Vault: 15'9" (4.80m)
Shot Put: 52-02 (15.90m)
Weight Throw: 56-04 (17.17m)
Heptathlon: 4575**

Women

**60m Dash: 7.60
200m Dash: 24.80
400m Dash: 56.50
800m Run: 2:12.50
Mile Run: 4:53.00
3000m Run: 9:45.00
5000m Run: 17:15.00
60m Hurdles: 8.75
4x400m Relay: 3:50.00
Long Jump: 18-06 (5.64m)
Triple Jump: 38-00 (11.58m)
High Jump: 5-07 (1.70m)
Pole Vault: 12-00 (3.66m)
Shot Put: 45-00 (13.74m)
Weight Throw: 50-00 (15.24m)
Pentathlon: 3245**



PRELIMINARY SCHEDULE
UW INDOOR PREVIEW
DEMPSEY INDOOR
JANUARY 14, 2012

FIELD EVENTS

9:00 am: Pole Vault (W/M*), Flight 1
9:00 am: Long Jump (W/M*)
9:00 am: High Jump (W), Flight 1
10:00 am: Shot Put (W)
10:00 am: Weight Throw (M)
1:00 pm: Pole Vault (M/W*), Flight 2
2:00 pm: Shot Put (M)
2:00 pm: Weight Throw (W)
2:00 pm: Triple Jump (W/M*)
1:00 pm: High Jump (W), Flight 2
3:00 pm: High Jump (M)

RUNNING EVENTS

8:00 am: 3000m Run, (W) Heat 1
8:15 am: 3000m Run, (M) Heat 1
9:00 am: 60m Hurdles, Prelim (W) 10 Heats
9:35 am: 60m Hurdles, Prelim (M) 6 Heats
9:55 am: 60m Dash, Prelim (W) 10 Heats
10:30 am: 60m Dash, Prelim (M) 11 Heats
11:00 am: 60m Hurdles, Final (W) 2 Heats
11:10 am: 60m Hurdles, Final (M) 2 Heats
11:20 am: 60m Dash, Final (W) 2 Heats
11:30 am: 60m Dash, Final (M) 2 Heats
11:40 am: 60m Dash, (Masters) 2 Heats
11:50 pm: Mile Run (W) 3 Heats
12:15 pm: Mile Run (M) 4 Heats
12:45 pm: 400m Dash (W) 8 Heats
1:10 pm: 400m Dash (M) 7 Heats
1:35 pm: 800m Run (W) 3 Heats
1:50 pm: 800m Run (M) 5 Heats
2:15 pm: 600m Run (W) 3 Heats
2:30 pm: 600m Run (M) 3 Heats
2:45 pm: 200m Dash (W) 15 Heats
3:35 pm: 200m Dash (M) 15 Heats
4:25 pm: 4x800 (W) 1 Heat
4:40 pm: 4x800 (M) 1 Heat
4:55 pm: 3000m Run (W) 2 Heats
5:25 pm: 3000m Run (M) 2 Heats
5:50 pm: 4x400m Relay (W) 5 Heats
6:20 pm: 4x400m Relay (M) 4 Heats

***The Women's & Men's Pole Vault, Long Jump, and Triple Jump Sections will be conducted simultaneously on two adjacent runways.**

****In the Women's & Men's Shot Put/Weight Throw, start times are an estimate and we will move ahead of schedule in order to accommodate the best interest of the athletes.**

*****CHECK-IN: ALL ATHLETES MUST CHECK IN 60 MINUTES PRIOR TO EVENT OR RISK BEING SCRATCHED!**



**PRELIMINARY SCHEDULE
UW INVITATIONAL
DEMPSEY INDOOR
JANUARY 27-28, 2012**

Friday, January 27, 2012

FIELD EVENTS

1:40 pm: Pentathlon: High Jump (W)
1:50 pm: Heptathlon: Long Jump (M)
3:05 pm: Heptathlon: Shot Put (M)
5:30 pm: Pole Vault, Sect 1 (W/M)
4:10 pm: Pentathlon: Shot Put (W)
4:20 pm: Heptathlon: High Jump (M)
5:25 pm: Pentathlon: Long Jump (W)

RUNNING EVENTS

1:00 pm: Pentathlon: 60m Hurdles (W)
1:15 pm: Heptathlon: 60m Dash (M)
5:00 pm: 200m Dash (W) (15 Heats)
5:40 pm: 200m Dash (M) (15 Heats)
6:15 pm: Pentathlon: 800m Run (W)
6:30 pm: 5000m Run (W) (1 Heat)
6:50 pm: 5000m Run (M) (1 Heat)
7:10 pm: DMR (W) (2 Heats)
7:40 pm: DMR (M) (2 Heats)
8:10 pm: Masters 200m (2 Heats)

***Multi times are approximate**

****If time allows we will run up to 10 minutes
ahead of schedule!**

**CHECK-IN: ALL ATHLETES MUST CHECK IN 60
MINUTES PRIOR TO EVENT OR RISK BEING
SCRATCHED**



PRELIMINARY SCHEDULE
UW INVITATIONAL
DEMPSEY INDOOR
JANUARY 27-28, 2012

Saturday, January 28, 2012

FIELD EVENTS

10:00 am: Long Jump (W/M)
10:00 am: High Jump, Sect 1 (M)
11:30 am: Heptathlon: Pole Vault (M)*
12:00 pm: High Jump, Sect 1 (W)
12:00 pm: Shot Put (W)
12:00 pm: Weight Throw (M)
1:30 pm: Triple Jump (W/M)
2:00 pm: High Jump, Sect 2 (M)
3:00 pm: Shot Put (M)
3:00 pm: Weight Throw (W)
3:00 pm: Pole Vault, Sect 2 (M/W*)
4:00 pm: High Jump, Sect 2 (W)

RUNNING EVENTS

9:00 am: 3000m Run (M) 2 Heats
9:30 am: 3000m Run (W) 2 Heats
10:00 am: Heptathlon: 60m Hurdles (M) 5 Heats
10:15 am: 60m Hurdles, Prelim (M) 10 Heats
10:40 am: 60m Hurdles, Prelim (W) 10 Heats
11:05 am: 60m Dash, Prelim (M) 10 Heats
11:30 am: 60m Dash, Prelim (W) 10 Heats
11:55 am: 60m Hurdles, Final (M) 2 Heats
12:05 pm: 60m Hurdles, Final (W) 2 Heats
12:15 am: 60m Dash, Final (M) 2 Heats
12:25 am: 60m Dash, Final (W) 2 Heats
12:30 am: 60m Dash, (Masters) 2 Heats
12:40 am: Mile Run (M) 2 Heats
12:55 pm: Mile Run (W) 2 Heats
1:10 pm: 400m Dash (M) 10 Heats
1:35 pm: 400m Dash (W) 12 Heats
2:00 pm: 800m Run (M) 4 Heats
2:20 pm: 800m Run (W) 4 Heats

***The Women's & Men's Pole Vault and Horizontal Jump Sections will be conducted simultaneously on two adjacent runways.**

****If time allows we will run up to 10 minutes ahead of schedule!**

***Multi times are approximate**

TOP SECTIONS

3:00 pm: Mile Run (M) 2 Heats
3:15 pm: Mile Run (W) 2 Heats
3:30 pm: 400m Dash (M) 2 Heats
3:35 pm: 400m Dash (W) 2 Heats
3:45 pm: 800m Run (M) 2 Heats
3:55 pm: 800m Run (W) 2 Heats
4:05 pm: Heptathlon 1000m 2 Heats*
4:15 pm: 3000m Run (M) 2 Heats
4:40 pm: 3000m Run (W) 2 Heats
5:05 pm: 4x400m Relay (M) 4 Heats
5:30 pm: 4x400m Relay (W) 4 Heats

CHECK-IN: ALL ATHLETES MUST CHECK IN 60 MINUTES PRIOR TO EVENT OR RISK BEING SCRATCHED



PRELIMINARY SCHEDULE
HUSKY CLASSIC
DEMPSEY INDOOR
February 10-11, 2012

Friday, February 10, 2012

FIELD EVENTS

5:30 pm: Pole Vault, Sect 1 (W/M)

RUNNING EVENTS

4:00 pm: 200 Meter Dash (W) (10 Heats)

4:30 pm: 200 Meter Dash (M) (10 Heats)

5:00 pm: DMR (W) (1 Heat)

5:15 pm: DMR (M) (1 Heat)

5:30 pm: 5000m Run (W) (Invite Heat)

5:50 pm: 5000m Run (M) (Invite Heat)

6:10 pm: 5000m Run (W) (3 Heats)

7:30 pm: 5000m Run (M) (4 Heats)

8:50 pm: Masters 200m (2 Heats)

9:00 pm: UO vs UW Club Mile (W)

9:10 pm: UO vs UW Club 3k (M)

**CHECK-IN: ALL ATHLETES MUST CHECK IN 60
MINUTES PRIOR TO EVENT OR RISK BEING
SCRATCHED**



PRELIMINARY SCHEDULE
HUSKY CLASSIC
DEMPSEY INDOOR
February 10-11, 2012

Saturday, February 11, 2012

FIELD EVENTS

9:00 am: High Jump, Sect 1 (W)
10:00 am: Long Jump (W/M*)
11:00 am: Shot Put (M)
11:00 am: Weight Throw (W)
11:30 pm: High Jump, Sect 1 (M)
2:30 pm: Triple Jump (W/M*)
2:30 pm: High Jump, Sect 2 (W)
3:00 pm: Shot Put (W)
3:00 pm: Weight Throw (M)
3:00 pm: Pole Vault, Sect 2 (M/W*)
4:00 pm: High Jump, Sect 2 (M)

***The Women's & Men's Pole Vault and Horizontal Jump Sections will be conducted simultaneously on two adjacent runways.**

****If time allows we will run up to 10 minutes ahead of schedule!**

CHECK-IN: ALL ATHLETES MUST CHECK IN 60 MINUTES PRIOR TO EVENT OR RISK BEING SCRATCHED

RUNNING EVENTS

9:00 am: 60m Hurdles, Prelim (W) (10 Heats)
9:25 am: 60m Hurdles, Prelim (M) (10 Heats)
9:50 am: Mile Run (W) (2 Heats)
10:05 am: Mile Run (M) (3 Heats)
10:30 am: 60m Hurdles, Final (W) (2 Heats)
10:40 am: 60m Hurdles, Final (M) (2 Heats)
10:50 am: 400m Dash (W) (10 Heats)
11:15 am: 400m Dash (M) (10 Heats)
11:40 am: 800m Run (W) (5 Heats)
12:05 pm: 800m Run (M) (5 Heats)
12:30 pm: 3000m Run (W) (2 Heats)
12:55 pm: 3000m Run (M) (2 Heats)
1:20 pm: 60m Dash, Prelim (W) (10 Heats)
1:45 pm: 60m Dash, Prelim (M) (10 Heats)
2:10 pm: Mile Run (W) (2 Heats)
2:25 pm: Mile Run (M) (2 Heats)

INVITE SECTIONS

3:00 pm: Live on FloTrack
3:05 pm: 60m Dash Final (W) (2 Heats)
3:15 pm: 60m Dash Final (M) (2 Heats)
3:30 pm: Invite Mile Run (W) (2 Heats)
3:45 pm: Invite Mile Run (M) (2 Heats)
4:00 pm: Invite 400m Dash (W) (2 Heats)
4:06 pm: Invite 400m Dash (M) (2 Heats)
4:15 pm: Invite 800m Run (W) (2 Heats)
4:25 pm: Invite 800m Run (M) (2 Heats)
4:35 pm: Invite 3000m Run (W) (2 Heats)
5:00 pm: Invite 3000m Run (M) (2 Heats)
5:25 pm: Invite 4x400m Relay (W) (1 Heats)
5:30 pm: Invite 4x400m Relay (M) (1 Heats)
5:40 pm: 4x400m Relay (W) (2 Heats)
5:50 pm: 4x400m Relay (M) (2 Heats)



PRELIMINARY SCHEDULE
UW OPEN
DEMPSEY INDOOR
FEBRUARY 12, 2012

FIELD EVENTS

9:00 am: Long Jump (W/M*)
9:00 am: Pole Vault (W/M*)
9:00 am: High Jump (W)
9:00 am: Shot Put (W)
9:00 am: Weight Throw (M)
12:00 pm: High Jump (M)
12:00 pm: Shot Put (M)
12:00 pm: Weight Throw (W)
12:00 pm: Triple Jump (W/M*)
12:00 pm: Triple Jump (W/M*)

RUNNING EVENTS

9:00 am: 60m Hurdles (W) 10 Heats
9:25 am: 60m Hurdles (M) 10 Heats
9:50 am: 60m Dash (W) 12 Heats
10:15 am: 60m Dash (M) 12 Heats
10:40 am: Mile Run (W) 4 Heats
11:10 am: Mile Run (M) 5 Heats
11:45 am: 400m Dash (W) 12 Heats
12:15 am: 400m Dash (M) 12 Heats
12:45 am: 600m Run (W) 2 Heats
12:55 am: 600m Run (M) 2 Heats
1:05 pm: 800m Run (W) 5 Heats
1:25 pm: 800m Run (M) 5 Heats
1:45 pm: 200m Dash (W) 15 Heats
2:15 pm: 200m Dash (M) 15 Heats
2:45 pm: 3000m Run (W) 2 Heats
3:15 pm: 3000m Run (M) 2 Heats
3:45 pm: 1000m Run (W) 2 Heats
3:55 pm: 1000m Run (M) 2 Heats
4:10 pm: 4x400m Relay (W) 3 Heats
4:30 pm: 4x400m Relay (M) 3 Heats

***The Women's & Men's Pole Vault, Long Jump,
and Triple Jump Sections will be conducted
simultaneously on two adjacent runways.**

****THE SCHEDULE IS APPROXIMATE, WE WILL
MOVE AHEAD OF SCHEDULE WHEN POSSIBLE**

*****CHECK-IN: ALL ATHLETES MUST CHECK IN
60 MINUTES PRIOR TO EVENT OR RISK BEING
SCRATCHED!**



PRELIMINARY SCHEDULE

UW FINAL QUALIFER

DEMPSEY INDOOR

MARCH 3, 2012

FIELD EVENTS

11:00 am: Women's Weight Throw
11:00 am: Women's Pole Vault
11:00 am: Women's & Men's Long Jump
12:00 pm: Women's High Jump
12:00 pm: Men's Weight Throw
1:00 pm: Women's & Men's Triple Jump*
1:00 pm: Men's Pole Vault
1:00 pm: Women's Shot Put
1:30 pm: Men's High Jump
1:30 pm: Men's Shot Put

RUNNING EVENTS

11:00 am: 60m Hurdles Prelims (W) 3 Heats
11:10 am: 60m Dash Prelims (W) 3 Heats
11:20 am: 60m Dash Prelims (M) 4 Heats
11:30 am: Mile Run (W) 2 Heats
11:45 am: Mile Run (M) 3 Heats
12:10 pm: 60m Hurdles Final (W)
12:20 pm: 400m Dash (W) 4 Heats
12:30 pm: 400m Dash (M) 3 Heats
12:40 pm: 60m Dash Final (W)
12:50 pm: 60m Dash Final (M)
1:00 pm: 800m Run (W) 3 Heats
1:15 pm: 800m Run (M) 3 Heats
1:30 pm: 200m Dash (W) 2 Heats
1:35 pm: 200m Dash (M) 2 Heats
1:40 pm: 3000m Run (W) 1 Heat
1:55 pm: 3000m Run (M) 1 Heat
2:10 pm: 5000m (M) 1 Heat
2:30 pm: 4x400m Relay (W)

***The Triple Jump start times are an estimate and we will begin warm-ups immediately following the Long Jump competition.**

CHECK-IN: ALL ATHLETES MUST CHECK IN 60 MINUTES PRIOR TO EVENT OR RISK BEING SCRATCHED