

W&L Spring-term Kick-off

Saturday, April 24

TIME SCHEDULE

Field Events:

10:15-10:45	Weigh-ins
11:00 am	Javelin (w) Shot Put (m) Long jump (w) High jump (m)
12:00	Shot Put (w)
12:15 pm	High jump (w) Long jump (m) Javelin (m)
1:15 pm	Discus (m)
1:30 pm	Triple jump (w & m) *combined gender due to less than 5 competitors each gender
1:45 pm	Pole vault (w) *no men's PV
2:15 pm	Discus (w)
3:30 pm	Hammer (m)
4:45 pm	Hammer (w)

Track Events:

Fastest heats will run 1st (Men to Women)

3:00 p.m.	4x100m
3:15 p.m.	3k Steeplechase
3:45 p.m.	100m
3:55 p.m.	Mile
4:15 p.m.	110mH (m)
4:20 p.m.	100mH (w)
4:25 p.m.	400m
4:35 p.m.	5,000
5:20 p.m.	400H
5:30 p.m.	800m
5:50 p.m.	200m
6:00 p.m.	3,000m
6:25 p.m.	4x400m

