Biola @ WESTMONT
Saturday April 13, 2019

SCHEDULE OF EVENTS

TRACK EVENTS:

12:15  3000 Steeplechase (W)
12:30  3000 Steeplechase (M)
12:45  400 Meter Relay (W)
        400 Meter Relay (M)
12:55  1500 Meters (W)
        1500 Meters (M)
1:10   100 Meter Hurdles (W)
        110 Meter Hurdles (M)
1:25   400 Meters (W)
        400 Meter (M)
1:40   100 Meters (W)
        100 Meters (M)
1:50   800 Meters (W)
        800 Meters (M)
2:05   400 Meter Hurdles (W)
        400 Meter Hurdles (M)
2:20   200 Meters (W)
        200 Meters (M)
2:30   3000 Meters (W)
2:40   3000 Meters (M)
2:55   1600 Meter Relay (W)
        1600 Meter Relay (M)

FIELD EVENTS:

11:00 – Hammer Throw (M & W combined)
11:00 – Long Jump (M & W combined)
        Triple Jump follows LJ
11:30 – Pole Vault (W) *Men to follow
11:45  High Jump (W) *Men to follow
12:30  Shot Put (M & W combined)
1:00   Javelin (M & W combined)
1:45   Discus (M & W combined)

Scoring:
5-3-1 for individual events
5-0 for relays

Unlimited entries on Direct Athletics by Thursday April 11 at Noon

Meet day changes allowed for strategic substitutions as needed. All team members eligible for relays.