

MARIETTA COLLEGE

DON FRAIL INVITATIONAL – MEET EVENT SCHEDULE

1:00 PM	STADIUM OPENS
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*times in () are approximate as we will roll the events both track and field.

FIELD EVENTS

- 3:00 PM HAMMER THROW (WOMEN THEN MEN) *4 throws*
- 3:00 PM JAVELIN (MEN THEN WOMEN) *4 throws*
- 3:00 PM HIGH JUMP (WOMEN THEN MEN)
- 3:00 PM LONG JUMP (MEN AND WOMEN AT SAME TIME) *4 jumps – 45 min. open pit*
- 3:00 PM POLE VAULT (WOMEN THEN MEN)

- (4:00 PM) TRIPLE JUMP (MEN AND WOMEN AT SAME TIME) *4 jumps – 45 min. open pit*

- (4:30 PM) DISCUS (WOMEN THEN MEN) *4 throws*
- (4:30 PM) SHOT PUT (MEN AND WOMEN AT THE SAME TIME) *4 throws*

5:00PM	NATIONAL ANTHEM
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- 5:05 PM 3,000m STEEPLECHASE (WOMEN THEN MEN IN ALL RUNNING EVENTS)
- (5:35 PM) 4 X 100m RELAY
- (5:50 PM) 1500m RUN
- (6:05 PM) 100/110m HIGH HURDLES
- (6:20 PM) 400m DASH
- (6:35 PM) 100m DASH
- (6:50 PM) 800m RUN
- (7:00 PM) 400m HURDLES
- (7:15 PM) 200m DASH
- (7:40 PM) 5000m RUN **may combine men and women*
- (8:25 PM) 4X400M RELAY
- (8:40 PM) Approximate Conclusion**

1. All athletes should report to the clerk 10 minutes prior to the start of their event. Field events check in at venue, running events check in at start line.
2. Except where indicated, events will be conducted as heats against time.
3. Faster sections will be run last in running events.
4. Spikes longer than 1/4" pyramids are not permitted.
5. Heat and lane assignments will be posted
6. Results will be posted at the conclusion of each event.
7. Absolutely no entries the day of the meet except field events.
8. Jumping surfaces are the same as the track surface.
9. Throwing surfaces are brushed concrete.
10. Implement weigh-in room - at the south end of the tunnel under stadium bleachers
11. Starting heights will be:

	<u>PV</u>	<u>HJ</u>
Women	7-06.00 (2.29m)	4-06.25 (1.38m)
Men	11-00.25 (3.36m)	5-06.50 (1.69m)