









Meet Information

-  1/4 inch pyramid spikes or shorter are to be worn.
-  Check-in for running events is through the marshalling tent located next to the finish line. Hip numbers for running events can be picked up at check-in.
-  Field events check in at their event area.
-  The announcer will call for check in 15 minutes before each event.
-  Access to the track can be gained through the marshalling tent or training-room tent (located in the northwest corner of the track).
-  Weigh-in of implements will take place in the officials room, located between the men's and women's locker rooms. Please weigh in all implements before the first throwing event of the day begins.
-  Results will be posted on a board behind the grandstand.
-  All entries will be done on Direct Athletics

2018 Al Manuel Northwest Dual Invitational

Friday-Saturday, March 30-31
Dornblaser Field, Missoula, Mont.

Schedule of Field Events

3 p.m. (Friday)	Women's hammer
4:45 p.m. (Friday)	Men's hammer
10:00 a.m.	Women's javelin
10:45 a.m.	Women's shot put
	Men's long jump
Noon	Women's long jump
	Women's pole vault
	Men's high jump
	Men's shot put
	Men's javelin
1 p.m.	Women's high jump
1:15 p.m.	Women's discus
	Men's triple jump
	Men's pole vault
2:30 p.m.	Women's triple jump
	Men's discus

Schedule of Running Events

Noon	Women's steeplechase
12:20 p.m.	Men's steeplechase
12:40 p.m.	Women's 4x100-meter relay
12:45 p.m.	Men's 4x100-meter relay
12:50 p.m.	Women's 1,500 meters
1:00 p.m.	Men's 1,500 meters
1:15 p.m.	Women's 100-meter hurdles
1:25 p.m.	Men's 110-meter hurdles
1:35 p.m.	Women's 400 meters
1:45 p.m.	Men's 400 meters
1:55 p.m.	Women's 100 meters
2:05 p.m.	Men's 100 meters
2:15 p.m.	Women's 800 meters
2:25 p.m.	Men's 800 meters
2:35 p.m.	Women's 400-meter hurdles
2:45 p.m.	Men's 400-meter hurdles
2:55 p.m.	Women's 200 meters
3:05 p.m.	Men's 200 meters
3:15 p.m.	Women's 5,000 meters
3:40 p.m.	Men's 5,000 meters
4:00 p.m.	Women's 4x400-meter relay
4:10 p.m.	Men's 4x400-meter relay