

## 21ST ANNUAL UALBANY INTRASQUAD/ALUMNI MEET

### Friday, December 5, 2014

4:00pm Weight Throw (W, M) – Bubble

4:30pm Pole Vault (W & M) - Bubble

### Monday, December 8, 2014

3:00pm High Jump (W & M)

3:00pm Shot Put followed by Discus (W & M) - Bubble

3:30pm 3 Mile run (meet by outdoor track – see Coach Jones)

3:50pm 3,000 meter run (outdoor track)

4:00pm Long Jump (W & M)

4:30pm 500 meter run (W, M)

4:45pm 55 meter dash - semi (W, M)

5:00pm 55 meter hurdles - semi (W only)

5:10pm 800 meter run (W, M)

5:15pm Triple Jump (W & M)

5:20pm 55 meter dash - finals/A & B (W, M)

5:30pm 55 meter hurdles - finals/A & B (W only)

5:45pm 300 meters dash (W, M)

Approximate schedule – we will run up to 10 minutes ahead

**6:45pm Team Dinner and Mandatory Meeting (SEFCU Hall of Fame Room)**

Horizontal Jumps and Throws - 4 attempts only

**Sign-up:** Your event coaches will advise you of the event(s) that they want you to compete in