



22ND ANNUAL UALBANY INTRASQUAD/ALUMNI MEET

Friday, December 4, 2015

- 3:00 pm Weight Throw (W & M)
- 4:00pm 3,000 meter run (W & M) (outdoor track)
- 4:30pm Pole Vault (W & M) - Bubble

Monday, December 7, 2015

- 10:00am-2:00pm Shot Put/Discus (W & M) – Bubble (During throws practice time)
- 3:00pm High Jump (W & M) – a short warm-up time when bar gets to 6'
- 4:00pm Long Jump followed by Triple Jump (W & M combined)
- 4:30pm 500 meter run (W, M)
- 4:45pm 55 meter dash - semi – everyone qualifies to final (W, M)
- 5:00pm 55 meter hurdles - semi – everyone qualifies to final (W, M)
- 5:15pm 55 meter dash – finals (W, M)
- 5:20pm 55 meter hurdles – finals (M, W)
- 5:25 pm 800 meter run (W, M)
- 5:35pm 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