

UNIVERSITY AT ALBANY **UALBANY PURPLE & GOLD LAST CHANCE MEET**

FRIDAY-SATURDAY, May 8-9, 2015

UNIVERSITY AT ALBANY TRACK & FIELD STADIUM

(Brand New State of the Art Facility)

Friday – 12:00 PM – Combined Events Start / 2:00 PM Throwing Events Start

Saturday - 2:00 PM Field Events Start / 4:00 PM Track Events Start

FRIDAY, May 8, 2015

12:00 pm Decathlon*

100 Meters
Long Jump (Grass side runway)
Shot Put
High Jump
400 Meters

12:15 pm Heptathlon*

100 Hurdles
High Jump
Shot Put
200 Meters

2:00 pm Hammer (Men followed by Women – Hammer/Discus Cage)

2:00 pm Javelin (Men followed by Women)

SATURDAY, May 9, 2015

9:00 am Decathlon*

110 Hurdles
Discus (Hammer/Discus Cage)
Pole Vault
Javelin
1500 Meters

9:30 am Heptathlon*

Long Jump
Javelin
800ters

*A minimum of 30 minutes will be given between events unless all competitors agree to start sooner

SATURDAY, May 9, 2015

Track Events - 4:00 PM start - Rolling Schedule

Order of Events – All running events are Women followed by men except Hurdle finals

All races are final on time – All Events and all sections will be contested slow to fast

3000 Meters (Women Only)

4x100 Relay

1500 Meters

100/110 Hurdles - semi

100 Meters - semi

400 Meters

110/100 Hurdles – final (M/W)

800 Meters

100 Meters – final

400 Hurdles

200 Meters

3000 Steeplechase

5000 Meters

4x400 Relay

4x800 Relay (Women Only)

Field Events – 2:00 PM Start (Women's Pole Vault)

Jumps

2:00 pm Pole Vault – **Women followed 1 hour later by Men**

3:00 pm High Jump – **Women followed 45 minutes later by Men)**

3:00 pm Long Jump – **Women (Track side runway)**

3:00 pm Long Jump – **Men (Grass side runway)**

Triple Jump – **Women to follow 45 minutes after Women's LJ) (Track side runway)**

Triple Jump – **Men to follow 45 minutes after Men's TJ) (Grass side runway)**

Throws

3:00 pm Shot Put – **Women followed 45 minutes later by Men**

3:00 pm Discus – **Men followed 45 minutes later by Women (Infield Cage)**

****Appropriate warm-up time will be given to all field events**