

UW-La Crosse Phil Esten Challenge

Thursday, April 18th, 2019

FINAL TIME SCHEDULE

DECATHLON & HEPTATHLON:

Decathlon Day 1 Schedule:

(~all times are tentative)

11:00am 100m
(~11:40am) Long Jump
(~12:50pm) Shot Put
(~2:00pm) High Jump (2 pits)
(~4:00pm) 400m

Decathlon Day 2 Schedule:

(~all times are tentative)

10:00am 110m hurdles
(~10:40am) Discus
(~11:50am) Pole Vault (2 pits)
(~4:00pm) Javelin
(~5:10pm) 1500m

Heptathlon Day 1 Schedule:

(~all times are tentative)

12:00pm 100m Hurdles
(~12:45pm) High Jump (2 pits)
(~2:45pm) Shot Put
(~3:55pm) 200m

Heptathlon Day 2 Schedule:

(~all times are tentative)

10:00am Long Jump
(~11:10am) Javelin
(~12:25pm) 800m

THROW EVENTS:

3:00pm Men's Discus

~5:30pm Women's Discus

**The throwing events will be a rolling schedule.*

8:30pm **Estimated Conclusion of Discus Competition**

UW-La Crosse Phil Esten Challenge

Friday, April 19th, 2019

FINAL TIME SCHEDULE

FIELD EVENTS:

| | |
|--------------|---|
| 2:00 | Triple Jump (M&W) |
| 2:00 | High Jump (M) |
| 3:00 | Pole Vault (W&M) *2 pits-simultaneous |
| ~4:30 | Long Jump (M&W) *will follow TJ |
| ~4:00 | High Jump (W) *will directly follow MHJ |

THROWS EVENTS:

| | |
|--------------|---|
| 12:30 | Javelin Throw (W) *will follow HepJT |
| 1:00 | Hammer Throw (M) |
| 1:00 | Shot Put (W)-North Rings |
| ~5:15 | Javelin Throw (M) *will follow DecJT |
| ~5:15 | Shot Put (M)-North Rings *will follow MHT |
| ~5:15 | Hammer Throw (W) *will follow WSP |

~ = approximate start time

Decathlon Day 2 Schedule:

(~all times are tentative)

| | |
|----------------|---------------------|
| 10:00am | 110m hurdles |
| (~10:40am) | Discus |
| (~11:50am) | Pole Vault (2 pits) |
| (~4:00pm) | Javelin |
| (~5:10pm) | 1500m |

Heptathlon Day 2 Schedule:

(~all times are tentative)

| | |
|----------------|-----------|
| 10:00am | Long Jump |
| (~11:10pm) | Javelin |
| (~12:25pm) | 800m |

TRACK EVENTS:

We will run a qualifying round for the 100m (M&W). Top 15 seeds will automatically advance to the preliminary round. Top 2 + next 5 women's times and top 2 + next 7 men's times will advance from qualifying round. Prelim will qualify heat winner + next 7 times to final.

Events Run On Time Schedule

| Time | Event | Round | Gender |
|---------|---|-------|--------|
| 12:30PM | 10,000m (Section 1-lower seeds) | F | Both |
| 1:20 | National Anthem - Phil Esten Announcement | | |
| 1:25 | 100m | Q | W |
| 1:40 | 100m | Q | M |
| 1:55 | 110 Hurdles | P | W |
| 2:10 | 100 Hurdles | P | M |
| 2:25 | 5000m | F | W |
| 2:50 | 5000m | F | M |
| 3:10 | 4 x 100 Relay | F | W |
| 3:15 | 4 x 100 Relay | F | M |
| 3:20 | 400m | F | W |
| 3:35 | 400m | F | M |
| 3:55 | 100 Hurdles | F | M |
| 4:05 | 110 Hurdles | F | W |
| 4:10 | 100m | P | W |
| 4:20 | 100m | P | M |
| 4:30 | 800m | F | W |
| 4:45 | 800m | F | M |
| 5:05 | 400 Hurdles | F | W |
| 5:20 | 400 Hurdles | F | M |
| 5:30 | 100m | F | W |
| 5:35 | 100m | F | M |
| 5:40 | 3000m Steeplechase | F | W |
| 6:00 | 3000m Steeplechase | F | M |
| 6:15 | 200m | F | W |
| 6:30 | 200m | F | M |
| 6:45 | 1500m | F | W |
| 7:05 | 1500m | F | M |
| 7:35 | 4 x 400 Relay | F | W |
| 7:45 | 4 x 400 Relay | F | M |
| 7:55 | 10,000m (Section 2-higher seeds) | F | W |
| 8:35 | 10,000m (Section 2-higher seeds) | F | M |
| 9:10 | Conclusion | | |

Set Time Schedule (we will only roll if we get behind)