

UW-La Crosse Phil Esten Challenge

Thursday, April 18th, 2019

TIME SCHEDULE

DECATHLON & HEPTATHLON:

Decathlon Day 1 Schedule:

(~all times are tentative)

11:00am	100m
(~11:50am)	Long Jump
(~1:20pm)	Shot Put
(~2:40pm)	High Jump (2 pits)
(~5:00pm)	400m

Decathlon Day 2 Schedule:

(~all times are tentative)

10:00am	110m hurdles
(~10:50am)	Discus
(~12:10pm)	Pole Vault (2 pits)
(~3:00pm)	Javelin
(~3:50pm)	1500m

Heptathlon Day 1 Schedule:

(~all times are tentative)

12:00pm	100m Hurdles
(~12:50pm)	High Jump (2 pits)
(~3:10pm)	Shot Put
(~4:30pm)	200m

Heptathlon Day 2 Schedule:

(~all times are tentative)

10:00am	Long Jump
(~11:20am)	Javelin
(~12:40pm)	800m

THROW EVENTS:

3:00pm Men's Discus

~5:30pm Women's Discus

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

UW-La Crosse Phil Esten Challenge

Friday, April 19th, 2019

TIME SCHEDULE

FIELD EVENTS:

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

THROWS EVENTS:

1:00	Javelin Throw (W) *will follow HepJT
1:00	Shot Put (M)-North Rings
1:00	Hammer Throw (W)
TBD	Javelin Throw (M) *will follow DecJT
TBD	Shot Put (W)-North Rings *will follow WHT
TBD	Hammer Throw (M) *will follow MSP

Decathlon Day 2 Schedule:

(~all times are tentative)

10:00am	110m hurdles
(~10:50am)	Discus
(~12:10pm)	Pole Vault (2 pits)
(~3:00pm)	Javelin
(~3:50pm)	1500m

Heptathlon Day 2 Schedule:

(~all times are tentative)

10:00am	Long Jump
(~11:20pm)	Javelin
(~12:40pm)	800m

TRACK EVENTS: **WE WILL OPERATE ON A ROLLING TIME SCHEDULE**

(Any event times listed are only estimates)

Rolling Time Schedule (time listed are only estimates)			
Time	Event	Round	Gender
12:30PM	10,000m (Section 1-lower seeds)	F	Both
	National Anthem - Phil Esten Announcement		
	100m	Q	W
	100m	Q	M
	100 Hurdles	P	W
	110 Hurdles	P	M
	5000m	F	W
	5000m	F	M
	4 x 100 Relay	F	W
	4 x 100 Relay	F	M
	400m	F	W
	400m	F	M
	110 Hurdles	F	M
	100 Hurdles	F	W
	100m	P	W
	100m	P	M
	800m	F	W
	800m	F	M
	400 Hurdles	F	W
	400 Hurdles	F	M
	100m	F	W
	100m	F	M
	3000m Steeplechase	F	W
	3000m Steeplechase	F	M
	200m	F	W
	200m	F	M
	1500m	F	W
	1500m	F	M
	4 x 400 Relay	F	W
	4 x 400 Relay	F	M
	10,000m (Section 2-higher seeds)	F	W
	10,000m (Section 2-higher seeds)	F	M
	Conclusion		
Rolling Time Schedule (time listed are only estimates)			