

April 5, 2019

John Knight Twilight Schedule

Running Events- Check-in with Clerk 30 minutes prior to event start.

Friday (April 5th)

3:40 1,500 M (Section 4)
4:00 4x100 W – (8) RELAY CARDS AT THE CLERK
4:05 4x100 M – (8) RELAY CARDS AT THE CLERK
4:10 4x100 WOU ATHLETICS
4:20 100 H (16)
4:30 110 H (16)
4:40 400 W (24)
4:50 400 (24)
5:05 100 W (32)
5:25 100 M (32)
5:35 800 W (32, 8-12-12)
5:50 800 M (32, 8-12-12)
6:05 400 H W (16)
6:15 400 H M (16)
6:25 200 W (24)
6:40 200 M (24)
6:50 1,500 W (36, 10-12-14)
7:10 1,500 M (36, 10-12-14)
7:30 4x400 W – (8) RELAY CARDS AT THE CLERK
7:35 4x400 M – (8) RELAY CARDS AT THE CLERK
7:45 Steeple M (20)
8:00 Steeple W (20)
8:20 5,000 W (32)
8:40 5,000 M (32)

Field Events- Check in with the Event Official 45 minutes prior to event start, or after the conclusion of the proceeding event. Top 8 advance to finals in throws and horizontal jumps, 3/3. No more than 15 minutes between flights.

1:00 Hammer (Top 20 Entries) Men – **Women to follow**

4:10 (Est.) Discus Men – **Women to follow**

******Hammer and Discus will have a minimum measured mark of 32m for Women and 36m for Men.

2:30 Pole Vault (Top 18 Entries) Women (starting height 2.90m) - **Men to follow** (starting height 3.90m)

3:15 Shot Put (Top 22 Entries) Men - **Women to follow**

3:15 Long Jump (Top 22 Entries) Men - **Men's Triple to follow** (12m board)

3:30 Long Jump (Top 22 Entries) Women - **Women's Triple Jump to follow** (10m Board)

4:00 Javelin (Top 22 Entries) Women - **Men to follow**

4:45 High Jump (Top 20 Entries) Men (starting height 1.75m), **Women to follow** (starting height 1.51m)

Notes – Heats are ordered fastest to slowest. Flights ordered strongest second. Parking is free in the Stadium Lot. Results will be posted near the center stairs of the stadium. Weigh-ins will begin at 11:30 AM. Implements must be weighed in 1 hour prior to event. Maximum event entries are shown in parentheses.