

2011 Calvin College Indoor Invitational Friday, January 28th

Field Events

Jumps

Women's LJ 3:00 Separate pits 4 jumps*
Men's LJ 3:00 " 4 jumps*
Women's TJ 4:30 " 4 jumps* done about 5:45/6:00
Men's TJ 4:30 "
Men's HJ 3:30
Women PV 3:30
Women's HJ To follow Men's HJ approx. 4:30
Men's Pole Vault - To follow Women's PV approx 4:30

Throws

Women's SP 3:00 (ring 1)
Men's SP 3:00 (ring 2)

Men's Wt. to follow SP approx. 4:30
Women's Wt. to follow men's Wt. approx 6:00

* 4 jumps or 7 to finals with 3/3 format will depend on the number of jumpers. We will go with the fewer number of jumps to facilitate starting races on the track.

Track Events

DMR 5:00 waterfall start
1600 5:30 waterfall start
55 Hurdles 5:45
400 6:00
3000 Steeplechase 6:15
(indoor no water)
55 6:40
800 6:55
200 7:10
5000 7:30
1600 Relay 8:10