



Fum McGraw Quadrangular Outdoor Track & Field Meet March 25, 2017



Last Revised: 3/21/2017

Field Events - 1 Flight of Each – Top 8 collegiate athletes to Finals

10:00 a.m.	Men's Hammer Throw	(Women to follow)
	Women's Shot Put	(Men to follow)
	Women's Long Jump	(Men to follow)
	Men's High Jump	(Women to follow)
	Women's Pole Vault	(Men to follow)
After HT	Women's Discus	(Men to follow)
After Disc	Women's Javelin	(Men to follow)
After LJ	Women's Triple Jump	(Men to follow)

*TJ boards are W-34' and M-40'

***Weigh-ins: 8:30am – 02:00pm**

*TJ will begin immediately after the completion of LJ

*Javelin will begin immediately after the completion of discus

Running Events – All Races will most likely be 1 heat, possibly 2 heats for races under 800 meters

The time schedule is tentative and could change based on entries. The meet may be run on a rolling schedule but will run no more than 15 minutes ahead of the final schedule, to be posted Thursday, March 23, 2017 on www.csurams.com

11:45 a.m.	National Anthem
12:00 p.m.	Women's 5000m
12:20 p.m.	Men's 5000m
12:40 p.m.	Women's 4x100m Relay
12:45 p.m.	Men's 4x100m Relay
12:50 p.m.	Women's 1500m Run
1:00 p.m.	Men's 1500m Run
1:10 p.m.	Women's 100m Hurdles
1:20 p.m.	Men's 110m Hurdles
1:30 p.m.	Women's 400m Dash
1:35 p.m.	Men's 400m Dash
1:40 p.m.	Women's 100m Dash
1:45 p.m.	Men's 100m Dash
1:50 p.m.	Women's 800m Run
1:55 p.m.	Men's 800m Run
2:05 p.m.	Women's 400m Hurdles
2:15 p.m.	Men's 400m Hurdles
2:25 p.m.	Women's 200m Dash
2:30 p.m.	Men's 200m Dash
3:10 p.m.	Women's 4x400m Relay
3:20 p.m.	Men's 4x400m Relay

*All races will be heats against time.

*All events and times are subject to change depending on the number of athletes competing.

*Final schedule posted on day before meet will be a rolling schedule and will not run more than 15 minutes ahead.