

Rams v. Cowboys Dual Meet

May 5, 2017

Field Events

**Weigh-In from 9:30 a.m. – 11:00 a.m.

**Triple Jump will begin immediately after the Long Jump is complete. TJ Boards are 34' for women and 40' for men.

**Women's javelin will begin immediately after the Men's Discus is finished

11:00 a.m.	Hammer Throw	Women (Men to Follow)
	High Jump	Women (Men to Follow)
	Shot Put	Men (Women to Follow)
1:30 p.m.	Long Jump	Women (Men to Follow)
1:30 p.m.	Pole Vault	Women (Men to Follow)
After LJ	Triple Jump	Women (Men to Follow)
After HT	Discus	Women (Men to Follow)
After Discus	Javelin	Women (Men to Follow)

Track Events

**All finals – Rolling Schedule – All races are heats against time

11:00 a.m.	5000m	Women
	5000m	Men
	Steeplechase	Men
	4x100m Relay	Women
	4x100m Relay	Men
	1500m Run	Women
	1500m Run	Men
	100m Hurdles	Women
	110m Hurdles	Men
	400m Dash	Women
	400m Dash	Men
	100m Dash	Women
	100m Dash	Men
	800m Run	Women
	800m Run	Men
	400m Hurdles	Women
	400m Hurdles	Men
	200m Dash	Women
	200m Dash	Men
	4x400m Relay	Women
	4x400m Relay	Men