FIELD EVENTS:

9:15  JAVELIN – MEN
9:30  HAMMER – WOMEN
10:00 SHOT PUT – MEN
10:30 HIGH JUMP – WOMEN FOLLOWED BY MEN
      POLE VAULT- WOMEN FOLLOWED BY MEN
11:15 JAVELIN – WOMEN
      LONG JUMP- WOMEN FOLLOWED BY MEN
      TRIPLE JUMP- MEN FOLLOWED BY WOMEN
12:30 DISCUS- WOMEN
1:00  HAMMER – MEN
2:30  SHOT PUT – WOMEN
3:00  DISCUS – MEN

RUNNING EVENTS:

12:15  STEEPLE CHASE (W)  1 HEAT
12:31  STEEPLE CHASE (M)  1 HEAT
12:50  100 METER HURDLE PRELIMS  2 HEATS
12:58  110 METER HURDLE PRELIMS  4 HEATS
1:13   100 METER DASH PRELIMS (W)  4 HEATS
1:25   100 METER DASH PRELIMS (M)  7 HEATS
1:48   5000 METERS (W)  1 HEAT
2:13   400 METER RELAY (W)  1 HEAT
2:17   400 METER RELAY (M)  1 HEAT
2:21   1500 METERS (W)  3 HEATS
2:43   1500 METERS (M)  3 HEATS
3:05   ALUMNI MILE  1 HEAT
3:15   110 METER HURDLE FINALS  1 HEAT
3:19   100 METER HURDLE FINALS  1 HEAT
3:23   400 METERS (W)  2 HEATS
3:31   400 METERS (M)  5 HEATS
3:51   100 METERS FINALS (W)  1 HEAT
3:55   100 METERS FINALS (M)  1 HEAT
4:00   800 METERS (W)  3 HEATS
4:15   800 METERS (M)  4 HEATS
4:33   400 METER HURDLES (W)  2 HEATS
4:43   400 METER HURDLES (M)  4 HEATS
5:00   200 METERS (W)  5 HEATS
5:17   200 METERS (M)  7 HEATS
5:44   5000 METERS (M)  2 HEATS
6:20   1600 METER RELAY (W)  2 HEATS
<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
<th>Heats</th>
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<tr>
<td>6:30</td>
<td>1600 METER RELAY (M)</td>
<td>2</td>
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DRAKE ALTERNATIVE RUNNING INFORMATION

Please inform your athletes that will be on a tight running schedule so be ready to race on time. They need to be ready to go when the last runner crosses the finish line from the previous heat. The starters will not be telling them to take off their sweats unless it is an event where the starters have to move locations.

*** 200’s will be reseeded during the Women’s 800 - they will have to check in twice, once any time during the day to confirm they are going to run and once during the 400 Hurdles to get their hip numbers.

Also, any help with moving and settling the hurdles will be greatly appreciated. We want to keep the meet moving smoothly.

During the 5K, we will need help from coaches to keep track of laps.

DRAKE ALTERNATIVE JUMPS INFORMATION

Long Jump - Field sizes are good that we should not have to make any adjustments

Triple Jump - Field sizes are good that we should not have to make any adjustments

High Jump - Starting height for the women will be 1.37 (4’ 6”) and for men 1.68 (5’ 6”).

Pole Vault - We have very large field sizes.

Here are the height progressions:

women
2.62 8-7
2.92 9-7
3.07 10
3.22 10-6
3.37 11
3.52 11-6
3.67 12
3.77 12-4
3.87 12-8
3.97 13

Men
3.76 12-4
4.06 13-3
4.21 13-9
3.36 14-3
4.51 14-9
4.66 15-3
DRAKE ALTERNATIVE THROWS INFORMATION

*We are prioritizing the throws in the following order: Javelin, Hammer, Discus, Shot Put. If you are not ready, you will be scratched. There will be more flexibility with the shot put.

Implement Weight-In – 7:45 – 10:00 AM
We are only weighing those implements for throwers who have a chance of qualifying for the national meet. There is no weigh-ins for unattached athletes.

***Inform the competitors that On Deck - means ready to throw, not taking of sweats. We need to move the throws along quickly.

***Any throw obviously less than best will not be measured for all throws.

Javelin – Men's javelin 9:15 to 11:15. (36 Men; 3 Flights)
Men Scratch Line will be 28 Meters (No scratch line for Women)
Women’s javelin 11:15 to 12:15. (16 Women; 1 Flights)
Prelims and finals. No unattached athletes are allowed to throw in finals.
Warm ups on adjacent field.
1 warm up throw allowed on runway prior to flight.

Hammer Throw –
Women’s hammer 9:30 to 1:00. (41 Women; 3 Flights)
Men’s hammer 1:00 to 5:00. (61 Men; 4 Flights)
Scratch Line will be 28 Meters for both Men & Women
Prelims and finals. No unattached athletes are allowed to throw in finals.
1 warm up throws in the circle will be allowed prior to flight.
No warm up throws other than the competition circle; no other warm up area.

Shot Put –
Men shot put 10:00 to 1:30. (48 Men: 4 Flights)
Women shot put 2:30 to 5:00. (33 Women; 3 Flights)
No Scratch Line for the shot put.
Prelims and finals. No unattached athletes are allowed to throw in finals.
2 warm up throws in the circle will be allowed prior to flight.
No warm up throws other than the competition circle; no other warm up area.

Discus –
Women’s discus 12:30 to 2:45. (41 Women; 3 Flights)
Men’s discus 3:00 to 7:00. (60 Men; 4 Flights)
Scratch Line will be 28 Meters for both Men & Women
Prelims and finals. No unattached athletes are allowed to throw in finals.
2 warm up throws in the circle prior to flight.
No warm up throws other than the competition circle; no other warm up area.