

# **Tentative Women's Tri Meet**

**Jadwin Gymnasium  
Friday January 8<sup>th</sup>, 2016**

**Entries done through Direct Athletics and close at 5pm on Wed. Jan 6th  
Fast Sections First. Top Flight Last.**

**Team Scoring: Individual events 7-5-4-3-2-1**

**Relay Scoring 7-5-4**

**\* Only 2 per team will score. Only 1 Relay per team will score**

## **Field Events (top eight advance to finals)**

5:00pm - 20 Lb Weight Throw

6:00pm – Shot Put

6:00pm – Long Jump

triple jump to follow

6:00pm – Pole Vault

6:30pm – High Jump

## **Running Events:**

6:00pm - 5K (non-scored)

6:30pm - Mile

6:40pm - 60m Hurdle-Timed Final

6:50pm - 400m

7:00pm - 500m

7:10pm - 60m

7:20pm - 800m

7:30pm - 1,000m

7:40pm - 200m

7:50pm – 3,000m

8:05pm - 4x800m

8:15pm- 4x400m