Williams
Track & Field Final Qualifier
Wednesday, May 15th, 2019

FIELD EVENTS:
5:00pm  Discus (M then W)
5:00pm  Hammer (W then M)
        Shot Put (To follow Hammer: W then M)
        Javelin (To follow Discus M then W)
5:00pm  High Jump (W then M)
5:00pm  Long Jump (W then M)
        Triple Jump (To follow LJ, W then M)
5:00pm  Pole Vault (M then W)

TRACK EVENTS:  Men, then Women
5:00pm  M. 4x100m (1 heat)
5:10pm  W. 4x100m (1 heat)
5:15pm  M. 3K Steeplechase (1 heat)
5:30pm  W. 3K Steeplechase (1 heat)
5:50pm  M. 110HH Trials (2 heats)
6:00pm  W. 100H Trials (2 heats)
6:10pm  M. 100m Trials (2 heats)
6:15pm  W. 100m Trials (2 heats)
6:25pm  M. 1500m (1 heat)
6:30pm  W. 1500m (1 heat)
6:40pm  W. 100H Final
6:45pm  M. 110HH Final
6:55pm  M. 400m (1 heat)
6:57pm  W. 400m (1 heat)
7:10pm  M. 100m Final
7:13pm  W. 100m Final
7:25pm  M. 800m (1 heat M)
7:30pm  W. 800m (1 heat)
7:45pm  M. 400mH (1 heat M only)
7:55pm  M. 200m (1 heat)
7:57pm  W. 200m (1 heat)
8:05pm  M. 5K (1 heat)
8:25pm  W. 4x400m (1 heat)
8:30pm  M. 10K