

UW-La Crosse Phil Esten Challenge

Friday, April 18th, 2014

FIELD EVENTS:

3:00	High Jump (W)-1 flight Pole Vault (W)-1 flight Javelin Throw (M)-2 flights Hammer Throw (W)-4 flights Triple Jump (M&W)-W, 2 flights; M, 2 flights Discus Throw (M)-3 flights
5:00	High Jump (M)-1 flight Pole Vault (M)-1 flight Javelin Throw (W)-2 flights Hammer Throw (M)-3 flights Discus Throw (W)-4 flights Long Jump (M&W)-W, 2 flights; M, 2 flights
7:00	Shot Put (W)-3 flights Shot Put (M)-3 flights

TRACK EVENTS: (ADJUSTED TIMES: *We will run events at the time listed*)

2:55	Recognition and National Anthem
3:00	100 Hurdles Prelim (W)- 2 heats
3:10	110 High Hurdles Prelim (M)- 3 heats
3:20	100 Meter Prelim (W)- 5 heats
3:35	100 Meter Prelim (M)- 4 heats
3:45	3000 Steeplechase (W)- 1 heat
4:00	3000 Steeplechase (M)- 1 heat
4:15	4 x 100 Relay (W)- 1 heat
4:25	4 x 100 Relay (M)- 1 heat
4:35	1500 Meter (W)- 3 heats
4:55	1500 Meter (M)- 2 heats
5:10	110 High Hurdles Final (M)
5:20	100 Hurdles Final (W)
5:30	400 Meter (W)- 3 heats
5:40	400 Meter (M)- 3 heats
5:50	100 Meter Final (W)
6:00	100 Meter Final (M)
6:10	800 Meter (W)- 3 heats
6:25	800 Meter (M)- 3 heats
6:35	400 Hurdles (W)- 3 heats
6:50	400 Hurdles (M)- 2 heats
7:05	200 Meter (W)- 7 heats
7:20	200 Meter (M)- 6 heats
7:35	5000 Meter (W)- 1 heat
7:55	5000 Meter (M)- 1 heat
8:15	4 x 400 Relay (W)- 2 heats
8:30	4 x 400 Relay (M)- 1 heat
8:40	10,000 Meter (W)- 1 heat
9:30	10,000 Meter (M)- 1 heat

Decathlon Day 2 schedule: (all times are tentative)

12:00pm	110m Hurdles Discus Pole Vault Javelin 1500m
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Heptathlon Day 2 schedule: (all times are tentative)

12:00pm	Long Jump Javelin 800m
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