

## MEET FORMAT

### Meet Schedule

Events will follow the below time schedule as closely as possible, with no event starting earlier than posted time. Participants must check in with the Clerk of Course 15 minutes before the start of their event. The Clerk will be located at or near the start of each event. All events are finals based on time except for the 60 M dash and 60 M hurdles. The final for the 60 M dash and 60 M hurdles will be based on heat winners and next fastest times

DAY	TIME	EVENT	CONDUCTED at WIDENER
Friday <sup>4</sup>	3 p.m.	Women's Pole Vault	Women's Trial/Final
Friday	3 p.m.	60 M Dash	Men's Heptathlon
Friday	3:45 p.m.	Long Jump	Men's Heptathlon
Friday	5:35 p.m.	Shot Put	Men's Heptathlon
Friday	7:25 p.m.	High Jump	Men's Heptathlon

DAY	TIME	EVENT	CONDUCTED at LEHIGH
Saturday <sup>5</sup>	8:50 a.m.	Jury of Appeals Meeting	
Saturday	9 a.m.	Coaches Meeting	
Saturday	9:10 a.m.	Student Worker Meeting	Mezzanine
Saturday	9:30 a.m.	60 M Hurdles	Men's Heptathlon
Saturday	9:45 a.m.	Weight Throw <sup>6</sup>	Women's Trial/Final
Saturday	9:45 a.m.	Long Jump	Women's Trial/Final
Saturday	9:45 a.m.	60 M Hurdles	Women's Pentathlon
Saturday	10 a.m.	Pole Vault	Men's Heptathlon
Saturday	10:20 a.m.	National Anthem	John Long (Messiah)
Saturday	10:30 a.m.	3000 M Run Final	Women
Saturday	10:40 a.m.	High Jump	Women's Pentathlon
Saturday	11 a.m.	3000 M Run Final	Men
Saturday	11:15 a.m.	Long Jump	Men's Trial/Final

<sup>4</sup> Competition on Friday, February 27 will take place at Widener University.

<sup>5</sup> Competition on Saturday, February 28 will take place at Lehigh University.

<sup>6</sup> Certification for the weight throw and shot put is located at the front of the field house from 9-11 a.m.

DAY	TIME	EVENT	
Saturday	11:15 a.m.	Weight Throw	Men's Trial/Final
Saturday	11:30 a.m.	Distance Medley Relay	Women → Men
Saturday	12 p.m.	High Jump	Women's Trial/Final
Saturday	12 p.m.	60 M Hurdle Trials	Women → Men
Saturday	12:30 p.m.	Pole Vault	Men's Trial/Final
Saturday	12:30 p.m.	60 M Dash Trials	Women → Men
Saturday	12:45 p.m.	Shot Put	Women's Pentathlon
Saturday	12:50 p.m.	4 X 200 Relay Final	Women → Men
Saturday	1 p.m.	1000 M Run	Men's Heptathlon
Saturday	1:10 p.m.	Mile Run Final	Women → Men
Saturday	1:30 p.m.	60 M Hurdle Final	Women → Men
Saturday	1:30 p.m.	Shot Put	Women's Trial/Final
Saturday	1:45 p.m.	Long Jump	Women's Pentathlon
Saturday	1:45 p.m.	400 M Dash Final	Women → Men
Saturday	2:10 p.m.	60 M Dash Final <sup>7</sup>	Women → Men
Saturday	2:15 p.m.	Triple Jump <sup>8</sup>	Women's Trial/Final
Saturday	2:20 p.m.	800 M Run Final	Women → Men
Saturday	2:30 p.m.	High Jump	Men's Trial and Final
Saturday	2:45 p.m.	200 M Dash Final	Women → Men
Saturday	3 p.m.	Shot Put	Men's Trial/ Final
Saturday	3:10 p.m.	800 M Run	Women's Pentathlon
Saturday	3:20 p.m.	5000 M Run Final	Women → Men
Saturday	3:30 p.m.	Triple Jump	Men's Trial/ Final
Saturday	4 p.m.	4 x 800 Relay	Women → Men
Saturday	4:30 p.m.	4 x 400 Relay	Women → Men
Saturday	4:45 p.m.	Coaches Meeting	
Saturday	4:45 p.m.	Awards Ceremony	

<sup>7</sup> The final for the 60 M dash and 60 M hurdles will be based on heat winners and next fastest times.

<sup>8</sup> Triple jump boards are at 28', 30' and 36'