

2018 NORTHWEST CONFERENCE TRACK & FIELD CHAMPIONSHIPS

FRIDAY'S EVENTS

National Anthem, 1:45 p.m.
Pole Vault (W), 2 p.m.
Long Jump (M), 2 p.m.
Hammer (M), 2 p.m.
Shot Put (W), 2 p.m.
3,000m SC Finals (W), 2 p.m.
3,000m SC Finals (M), 2:20 p.m.
100m Hurdles (W), 3 p.m.
110m Hurdles (M), 3:15 p.m.
400m Dash Trials (W), 3:30 p.m.
400m Dash Trials (M), 3:40 p.m.
100m Dash Trials (W), 3:50 p.m.
100m Dash Trials (M), 4 p.m.
800m Run Trials (W), 4:10 p.m.
800m Run Trials (M), 4:25 p.m.
Shot Put (M), 4:30 p.m.
Long Jump (W), 4:30 p.m.
High Jump (M), 4:30 p.m.
Hammer (W), 4:30 p.m.
400m Hurdles Trials (W), 4:40 p.m.
400m Hurdles Trials (M), 4:55 p.m.
200m Dash Trials (W), 5:10 p.m.
200m Dash Trials (M), 5:20 p.m.
10,000m Run (W), 5:40 p.m.
10,000m Run (M), 6:30 p.m.
1,500m Trials (W) if needed, 7:20 p.m.
1,500m Trials (M) if needed, 7:35 p.m.

SATURDAY'S EVENTS

Javelin (M), 10:30 a.m.
Discus (W), 10:30 a.m.
Triple Jump (M), 10:30 a.m.
Pole Vault (M), 10:30 a.m.
High Jump (W), 10:30 a.m.
National Anthem, 11:45 a.m.
4x100m Relay (W), 12:00 p.m.
4x100m Relay (M), 12:05 p.m.
1,500m Run (W), 12:10 p.m.
1,500m Run (M), 12:20 p.m.
100m Hurdles (W), 12:35 p.m.
110m Hurdles (M), 12:40 p.m.
400m Dash (W), 12:50 p.m.
400m Dash (M), 12:55 p.m.
Discus (M), 1 p.m.
Triple Jump (W), 1 p.m.
Javelin (W), 1 p.m.
100m Dash (W), 1 p.m.
100m Dash (M), 1:05 p.m.
800m Run (W), 1:10 p.m.
800m Run (M), 1:20 p.m.
400m Hurdles (W), 1:30 p.m.
400m Hurdles (M), 1:40 p.m.
200m Dash (W), 1:50 p.m.
200m Dash (M), 1:55 p.m.
5,000m Run (W), 2:05 p.m.
5,000m Run (M), 2:25 p.m.
4x400m Relay (W), 2:55 p.m.
4x400m Relay (M), 3 p.m.
Awards Ceremony, 3:30 p.m.