

Belmont University

8:00am: Women 2000m Steeplechase followed by Men 3000m Steeplechase

8:30am or immediately after Steeplechase: Hammer, then Weights, then Superweights, then Javelin (see below regarding implement certification)

No Implement Certification prior to Competition

If any throw records occur, implement(s) will be certified at the Lipscomb University Track upon conclusion of the throw competitions.

Lipscomb University

Travel is approximately 5 minutes, 1.9 miles between the two facilities.

All events are final and are on a Rolling Schedule.

Track Events

10:00am

4x100m

5000m

5000m Racewalk

110m Hurdles

100m Hurdles

80m Hurdles

100m

1500m

400m

200m Hurdles

400m Hurdles

300m Hurdles

800m

200m

4x400m

Field Events

10:00am

Discus

Pole Vault

Shot Put

11:00am

Long Jump

Triple Jump

High Jump