

DRAKE ALTERNATIVE INVITATIONAL

Friday, April 26th, 2019

FIELD EVENTS:

11:30 - 12:45 - Implement Weigh-In. All Throwing Events will be 4 Throws and No Finals

1:00

- JAVELIN - MEN FOLLOWED BY WOMEN (3:00 Approximate Start) 2 Men, 2 Women's Flights
- SHOT PUT – MEN - 2 Flights
- HAMMER – WOMEN FOLLOWED BY MEN (3:45 Approximate Start) - 2 Men, 2 Women's Flights

2:00

- POLE VAULT - MEN FOLLOWED BY WOMEN - 14 Men, 19 Women
- HIGH JUMP – WOMEN FOLLOWED BY MEN - 12 Women, 12 Men
- LONG JUMP - WOMEN FOLLOWED BY MEN - 4 Jumps, No Finals- 2 Women's, 2 Men's Flights
- TRIPLE JUMP - MEN FOLLOWED BY WOMEN - 4 Jumps, No Finals- 1 Men, 1 Women's Flights

3:30

- DISCUS - WOMEN FOLLOWED BY MEN (5:15 Approximate Start)-3 Women's, 3 Men's Flights

5:00

- WOMEN'S SHOT - 3 Flights

RUNNING EVENTS:

2:00 PM	W Steeple	1 Heat
2:18 PM	M Steeple	1 Heat
2:34 PM	W 4x1	1 Heat
2:41 PM	M 4x1	1 Heat
2:48 PM	1500 W	2 Heats
3:06 PM	1500 M	3 Heats
3:29 PM	100 HH	2 Heats
3:38 PM	110 HH	1 Heat
3:42 PM	400 W	3 Heats
3:54 PM	400 M	3 Heats
4:06 PM	100 W	3 Heats
4:15 PM	100 M	3 Heats
4:21 PM	800 W	3 Heats
4:36 PM	800 M	3 Heats

4:50 PM	400h W	2 Heats
5:09 PM	400h M	1 Heat
5:24 PM	200 W	4 Heats
5:40 PM	200 M	5 Heats
6:00 PM	5K W	1 Heat
6:25 PM	5K M	1 Heat
6:46 PM	4x4 W	1 Heat
6:54 PM	4x4 M	2 Heats
7:11 PM	Alumni Mile	1 Heat
7:25 PM	Future Gustie Dash	
7:50 PM	End of Meet	

FUTURE GUSTIE DASH:
-25 METERS AGES 0-2, 50 METERS
-AGES 3-4, 100 METERS AGES 5 and Up