

Willow Canyon USATF Meet – Sunday, January 23rd, 2022 - Tentative Meet Schedule

Running Events:

1:15 Combined Men's and Women's 3000 meter Racewalk

1:45 Combined Men's and Women's 4 x 800m Relay

2:00 60m Hurdles(W/M)

2:15 60m Dash(W/M)

2:25 1500m Run(W/M)

2:35 4 x 100m Relay(W/M)

2:45 400m(W/M)

2:55 800m(W/M)

3:05 200m(W/M)

3:25 5000m (W/M combined)

3:50 4 x 400m(W/M)

Throws:

11:00 Implement weigh in

12:00 Javelin: 1 Flight thrown in the in-field.

1:15 Discus: Flight 1 - By M/F or by Age TBD

1:15 Shot Put: Flight 1 – By M/F or by Age TBD

2:15 Discus: Flight 2 - By M/F or by Age TBD

2:15 Shot Put: Flight 2 – By M/F or by Age TBD

3:15 Weight Throw: Flight 1 followed by flight 2 - By M/F or by Age TBD

Vertical Jumps:

1:00 High Jump: Women followed by Men

2:30 Pole Vault: Women followed by Men

Horizontal Jumps:

2:00-2:45 Long jump Combined Men and Women - open pit

3:00-3:45 Triple jump Combined Men and Women - open pit