

2017 San Francisco State Distance Carnival

FRIDAY TRACK:

8:30 AM W 10000m (#1)
9:10 AM W 10000m (#2)
9:55 AM M 10000m (#1)
10:30 AM M 10000m (#2)
11:05 AM M 10000m (#3)
11:45 AM W 1500m (#1)
11:51 AM W 1500m (#2)
11:57 AM W 1500m (#3)
12:03 PM W 1500m (#4)
12:09 PM W 1500m (#5)
12:15 PM W 1500m (#6)
12:21 PM W 1500m (#7)
12:27 PM W 1500m (#8)
12:33 PM W 1500m (#9)
12:39 PM W 1500m (#10)
12:45 PM W 1500m (#11)
12:51 PM W 1500m (#12)
12:57 PM M 1500m (#1)
1:02 PM M 1500m (#2)
1:07 PM M 1500m (#3)
1:12 PM M 1500m (#4)
1:17 PM M 1500m (#5)
1:22 PM M 1500m (#6)
1:27 PM M 1500m (#7)
1:32 PM M 1500m (#8)
1:37 PM M 1500m (#9)
1:42 PM M 1500m (#10)
1:47 PM M 1500m (#11)
1:55 PM W 3000m Steeplechase (#1)
2:08 PM W 3000m Steeplechase (#2)
2:21 PM W 3000m Steeplechase (#3)
2:37 PM M 3000m Steeplechase (#1)
2:48 PM M 3000m Steeplechase (#2)
2:59 PM M 3000m Steeplechase (#3)
3:10 PM M 3000m Steeplechase (#4)
3:24 PM W 4x400m
3:28 PM M 4x400m
3:32 PM W 5000m (#1)
3:51 PM M 5000m (#1)
4:07 PM W 5000m (#2)
4:26 PM M 5000m (#2)
4:42 PM W 5000m (#3)
5:01 PM M 5000m (#3)
5:17 PM W 5000m (#4)
5:36 PM M 5000m (#4)
5:52 PM W 5000m (#5)
6:11 PM M 5000m (#5)
6:27 PM M 5000m (#6)
6:43 PM M 5000m (#7)
6:59 PM M 5000m (#8)



FRIDAY FIELD (# of flights):

We will follow a rolling schedule as noted below:

9:30 AM Women's Pole Vault (1)
Men's Pole Vault (1)

9:30 AM Women's High Jump (1)
Men's High Jump (1)
Women's Long Jump (2) & Men's Long Jump (2)
Women's Triple Jump (1) & Men's Triple Jump (1)

Notes:

- Women's Pole Vault opening height is 3.02m increasing by 0.15m.
- Men's Pole Vault opening height is 4.17m increasing by 0.15m.
- Women's HJ opening height is 1.49m increasing by 0.05m until 1.69m when it will go up by 0.03m.
- Men's HJ opening height is 1.74m increasing by 0.05m until 2.04 when it will go up by 0.03m.
- Both Long Jump events will start 30 minutes after the conclusion of the Men's High Jump.
- Men's Triple Jump will start 30 minutes after Men's Long Jump.
- Women's Triple Jump will start 30 minutes after Women's Long Jump.
- Alternates will be allowed to compete if an accepted athlete scratches from the event. Check-in at the throwing event.

Live Results – <http://redcaptiming.com/2017/sfdistance>



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SATURDAY TRACK:

9:30 AM	W 100mH Trials (7 heats)
10:01 AM	M 110mH Trials (3 heats)
10:16 AM	W 100m Trials (8 heats)
10:48 AM	M 100m Trials (8 heats)
11:20 AM	M/W Master's 40+ 1mi
11:30 AM	W 4x100m (2 heats)
11:40 AM	M 4x100m (1 heat)
11:45 AM	W 1mi (3 heats)
12:09 PM	M 1mi (4 heats)
12:40 PM	W 100mH Finals
12:47 PM	M 110mH Finals
12:54 PM	M 100mH Master's (1 heat)
1:01 PM	W 100m Finals
1:05 PM	M 100m Finals
1:09 PM	W 400m (7 heats)
1:37 PM	M 400m (6 heats)
2:01 PM	W 800m (10 heats)
2:41 PM	M 800m (11 heats)
3:17 PM	W 400mH (4 heats)
3:36 PM	M 400mH (3 heats)
3:51 PM	W DMR (1 heat)
4:06 PM	M DMR (1 heat)
4:19 PM	W 200m (13 heats)
4:58 PM	M 200m (9 heats)
5:25 PM	W 2mi (2 heats)
5:57 PM	M 2mi (2 heats)
6:23 PM	W 4x400m (2 heats)
6:33 PM	M 4x400m (1 heat)



SATURDAY FIELD (# of flights):

We will follow a rolling schedule:

9:30 AM	Men's Javelin (2) Women's Javelin (2) Women's Discus (2) Men's Discus (2)
9:30 AM	Women's Shot Put (2) Men's Shot Put (2)



Notes:

- Throwing implements will be inspected for weights and measures in the building near the check-in area between 8:00am-9:30am.
- All implements must be approved at least one hour before competition.
- Four throws each.
- Discus and Javelin marks under 30m will not be measured.
- Shot Put marks under 10m will not be measured.
- Alternates will be allowed to compete if an accepted athlete scratches from the event. Check-in at the throwing event.

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