HOLIDAY OPENER

Meet Schedule

Friday December 8th, 2017
Hearnes Center Fieldhouse // Columbia, Mo.

FIELD EVENTS

2:00 p.m.	Men's Weight Throw	(Women to Follow)
	Women's Long Jump	(Men to Follow)
	Men's Pole Vault	(Women to Follow)
	Men's High Jump	(Women to Follow)
To Follow WT	Men's Shot Put	(Women to Follow)
To Follow LJ	Women's Triple Jump	(Men to Follow)

RUNNING EVENTS

Rolling Schedule

3:00 p.m.	4x800m Relay	Men will go first in all running events, women will follow
	600m Run	
	60m Hurdles - PRELIM	
	60m Dash - PRELIM	
	Mile Run	
	60m Hurdles - FINAL	
	400m Dash	
	60m Dash - FINAL	
	800m Run	
	200m Dash	
	3000m Run	
	Distance Medley Relay *Only if 2+ teams are entered	
	4x400m Relay	

Progressions

Men's High Jump	Women's High Jump	Men's Pole Vault	Women's Pole Vault
1.85m (*6-1*)	1.55m (*5-1*)	4.00m (*13-1.50*)	3.06m (*10-0.50*)
1.90m	1.60m	4.15m	3.21m
1.95m	1.65m	4.30m	3.36m
2.00m	1.70m	4.45m	3.51m
2.05m	1.75m	4.60m	3.66m
2.10m	1.80m	4.75m	3.81m
+ 3cm	+ 3cm	4.90m	3.96m
		5.05m	4.06m
		5.20m	+ 10cm
		+ 10cm	

Minimum Marks

* Use of minimum marks will be dependent on field size

Men's Shot Put
15.00m (*49-2.50*)
Women's Shot Put
13.00m (*42-8*)
Men's Weight Throw
16.00m (*52-6*)
Women's Weight Throw
14.00m (*45-11*)
Men's Long Jump/Triple Jump
6.75m (22-1.75) / 14.00m (45-11)
Women's Long Jump/Triple Jump
5.70m (18-8.5) / 11.60m (38-0.5)