

**2023 BUC SCORING INVITE
WHITWORTH UNIVERSITY
THURS/FRI - MARCH 23-24, 2023
FINAL SCHEDULE**

Thursday March 23

11:00am		Decathlon	100m	15 participants
	approximately 11:40 pm	Decathlon	Long Jump	
	approximately 12:50 pm	Decathlon	Shot Put	
	approximately 2:00 pm	Decathlon	High Jump	
	approximately 4:45 pm	Decathlon	400m	
11:45 pm		Heptathlon	100H	7 participants
	approximately 12:30 pm	Heptathlon	High Jump	
	approximately 2:00 pm	Heptathlon	Shot Put	
	approximately 3:00 pm	Heptathlon	200m	
2:00 pm	Women’s Hammer (Men follow appr. 4pm) 2F/2F			Top 8 to Final
4:00 pm	Men’s Javelin (Women follow appr. 5pm) 1F/1F			Top 8 to Final
4:30 pm	Women’s PV	Open 2.56 by 15cm. Then by 10cm after 4.06		
4:30 pm	Men’s 4x800			
5:00 pm	Women’s 5K 1H			
5:30 pm	Men’s 5K 1H			
6:00 pm	Wheelchair 800m			
6:15 pm	Wheelchair 100m			

Check in to Field Events at the Event Approx. 30 min prior to event

**THROWERS: PLEASE BE READY TO THROW ONCE EVENT BEGINS – ONLY TWO
WARMUP THROWS BETWEEN PRELIMS AND FINALS
OFFICIALS WILL NOT WAIT FOR ATHLETES AT OTHER EVENTS.**

**Check in to Running Events at the CLERKING TABLE near the Timing Trailer on the
infield. Check in 30min prior to race time or you will be scratched.**

**RUNNING EVENTS WILL RUN UP TO 5MIN AHEAD OF TIME, ONLY IF ALL
RUNNERS ARE READY TO GO.**

SCORING: 5 – 3 - 1

Friday March 24

11:00 am	Decathlon	110H
approximately 11:45 am	Decathlon	Discus
approximately 1:00 pm	Decathlon	Pole Vault
approximately 4:00 pm	Decathlon	Javelin
approximately 5:15 pm	Decathlon	1500m
12:15 pm	Heptathlon	Long Jump
approximately 1:15 pm	Heptathlon	Javelin
approximately 2:25 pm	Heptathlon	800m
2:30pm	Women's Long Jump, Men to follow	Top 8 to Final 1F/1F
After MLJ appr. 5pm	Women's Triple jump, Men to follows	Top 8 to Final 1F/1F
3:00 pm	Men's Shot Put. Women to follow	Top 8 to Final 2F/1F
3:00 pm	Women's Discus, Men to follow	Top 8 to Final 2F/2F
3:00 pm	Women's High Jump, Men to follow	1.48/1.72 by 5cm
4:30 pm	Men's PV	Open 3.11 by 15cm. Then by 10cm after 5.21

Friday March 24th Track Events

Women events precede men's unless otherwise listed

1:40	Women's 10K	1H
2:30	Men's 10K	1H
3:10	400m relay	1H/1H
3:20	1500m	2H/4H
4:00	100H	1H
4:07	110H	1H
4:15	400m	2H/2H
4:30	100m	2H/3H
4:45	800m	3H/4H
5:15	<i>Decathlon 1500? 1H</i>	
5:30	400H	1H/1H
5:45	200m	3H/3H
6:10	Women's 3000 Steeplechase	1H
6:27	Men's 3000 Steeplechase	1H
6:45	1600m Relay	1H/1H