

VS



Loras College

SPARTAN-DUHAWK DUAL MEET

Saturday, December 5, 2015
A.Y. McDonald Indoor Track inside the Chlapaty Recreation & Wellness Center

MEET SCHEDULE

FIELD EVENTS

4:45PM WOMEN'S WEIGHT THROW Followed by MEN'S

5:00PM MEN'S LONG JUMP Followed by WOMEN'S

MEN'S HIGH JUMP Followed by WOMEN'S WOMEN'S POLE VAULT Followed by MEN'S

WOMEN'S SHOT PUT Followed by MEN'S after completion of WEIGHT THROW MEN'S TRIPLE JUMP Followed by WOMEN'S after completion of LONG JUMP

RUNNING EVENTS (We will run ON TIME! No Rolling Schedule)

5:30PM	MEN'S	300M DASH
5:40PM	WOMEN'S	300M DASH
5:50PM	MEN'S	600M DASH
6:00PM	WOMEN'S	600M DASH
6:10PM	MEN'S	55M HURDLES
6:20PM	WOMEN'S	55M HURDLES
6:30PM	MEN'S	55M DASH
6:45PM	WOMEN'S	55M DASH
7:00PM	Throwers	4x200M THROWER'S RELAY
	*Hold on to your seats!	
7:10PM	MEN'S	4x400M RELAY
	WOMEN'S	4x400M RELAY
8:00PM	Dinner, Fellowship & Awards in Peters Commons Café	
	*RSVP to Coach Chad Gunnelson CGunnelson@dbq.edu \$6 AT THE DOOR	