



**FINAL SCHEDULE
UW INVITATIONAL
DEMPSEY INDOOR
JANUARY 25-26, 2013**

Friday, January 25, 2013

FIELD EVENTS

1:45 pm: Heptathlon: Long Jump (M)
2:50 pm: Pentathlon: High Jump (W)
3:00 pm: Heptathlon: Shot Put (M)
4:30 pm: Pentathlon: Shot Put (W)
5:30 pm: Pole Vault, Sect 1 (W/M)
4:15 pm: Heptathlon: High Jump (M)
5:45 pm: Pentathlon: Long Jump (W)

RUNNING EVENTS

1:00 pm: Heptathlon: 60m Dash (M)
2:00 pm: Pentathlon: 60m Hurdles (W)
4:30 pm: 200m Dash (W) (14 Heats)
5:10 pm: 200m Dash (M) (9 Heats)
5:40 pm: 5000m Run (W) (2 Heats)
6:20 pm: 5000m Run (M) (2 Heats)
7:00 pm: Pentathlon: 800m Run (W)
7:15 pm: DMR (W) (2 Heats)
7:45 pm: DMR (M) (2 Heats)
8:10 pm: Masters 200m (2 Heats)

***Multi times are approximate**

****If time allows we will run up to 10 minutes
ahead of schedule!**

**CHECK-IN: ALL ATHLETES MUST CHECK IN 60
MINUTES PRIOR TO EVENT OR RISK BEING
SCRATCHED**



FINAL SCHEDULE
UW INVITATIONAL
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JANUARY 25-26, 2013

Saturday, January 26, 2013

FIELD EVENTS

9:00 am: Weight Throw (W)
10:00 am: Long Jump (W/M)
10:30 am: High Jump (W) 2 pits
11:00 am: Heptathlon: Pole Vault (M) 2 pits
12:30 am: Weight Throw (M)
1:00 pm: High Jump (M) 2 pits
2:00 pm: Triple Jump (W/M)
3:00 pm: Shot Put (M/W)
3:30 pm: Pole Vault, (M/W Sect 2)

***The Women's & Men's Pole Vault and Horizontal Jump Sections will be conducted simultaneously on two adjacent runways.**

***The High Jump will be conducted using 2 pits, a high pit and a low pit.**

****If time allows we will run up to 10 minutes ahead of schedule!**

***Multi times are approximate**

CHECK-IN: ALL ATHLETES MUST CHECK IN 60 MINUTES PRIOR TO EVENT OR RISK BEING SCRATCHED

RUNNING EVENTS

8:40 am: 3000m Run (M) Heat 1
8:55 am: 3000m Run (W) Heat 1 & 2
9:25 am: Mile Run (M) Heat 1
9:35 am: Mile Run (W) Heat 1
10:00 am: Heptathlon: 60m Hurdles (M) 4 Heats
10:10 am: 60m Hurdles, Prelim (M) 4 Heats
10:25 am: 60m Hurdles, Prelim (W) 9 Heats
10:55 am: 60m Dash, Prelim (M) 6 Heats
11:10 am: 60m Dash, Prelim (W) 11 Heats
11:40 am: 60m Hurdles, Final (M) 2 Heats
11:48 am: 60m Hurdles, Final (W) 2 Heats
12:00 pm: 60m Dash, Final (M) 2 Heats
12:08 pm: 60m Dash, Final (W) 2 Heats
12:15 pm: 60m Dash, (Masters) 2 Heats
12:25 pm: Mile Run (M) Heat 2 & 3
12:40 pm: Mile Run (W) Heat 2 & 3
12:55 pm: 400m Dash (M) Heats 1-9
1:25 pm: 400m Dash (W) Heats 1-10
1:55 pm: 800m Run (M) Heats 1-3
2:10 pm: 800m Run (W) Heats 1-7
2:45 pm: Heptathlon 1000m 2 Heats*

INVITE SECTIONS

3:00 pm: Mile Run (M) 2 Heats
3:15 pm: Mile Run (W) 2 Heats
3:30 pm: 400m Dash (M) 2 Heats
3:35 pm: 400m Dash (W) 2 Heats
3:50 pm: 800m Run (M) 2 Heats
4:00 pm: 800m Run (W) 2 Heats
4:10 pm: 3000m Run (M) 2 Heats
4:35 pm: 3000m Run (W) 2 Heats
5:00 pm: 4x400m Relay (M) 3 Heats
5:15 pm: 4x400m Relay (W) 5 Heats