

**UW-WSU Outdoor Track & Field Dual Meet**  
**Seattle, WA**  
**April 27, 2013**

**Field Events**

10:00 AM	Hammer Throw (Women then Men)
12:30 PM	Javelin (W)
12:30 PM	Pole Vault (W)
12:30 PM	Long Jump (W)
1:00 PM	High Jump (W)
1:30 PM	Long Jump (M)
1:30 PM	Javelin (M)
2:00 PM	Pole Vault (M)
2:00 PM	Triple Jump (W)
2:30 PM	High Jump (M)
2:30 PM	Discus (W)
2:30 PM	Shot Put (M)
3:00 PM	Triple Jump (M)
3:30 PM	Discus (M)
3:30 PM	Shot Put (W)

**Track Events**

1:00 PM	3000m Steeplechase (W)
1:15 PM	3000m Steeplechase (M)
1:30 PM	4x100m Relay (W)
1:35 PM	4x100m Relay (M)
1:45 PM	1500m Run (W)
1:55 PM	1500m Run (M)
2:10 PM	100m Hurdles (W)
2:15 PM	110m Hurdles (M)
2:25 PM	400m Dash (W)
2:30 PM	400m Dash (M)
2:40 PM	100m Dash (W)
2:45 PM	100m Dash (M)
2:55 PM	800m Run (W)
3:00 PM	800m Run (M)
3:10 PM	400m Hurdles (W)
3:15 PM	400m Hurdles (M)
3:25 PM	200m Dash (W)
3:30 PM	200m Dash (M)
3:35 PM	3000m Run (W)
3:50 PM	3000m Run (M)
4:05 PM	4x400m Relay (W)
4:10 PM	4x400m Relay (M)