Green Knight/Viking Dual Meet  
May 4, 2013  
Schedule of Events

FIELD EVENTS  
Prelims followed by Finals- Top 9 will advance to Finals

10:00 a.m. – 10:45 a.m.   WEIGH-IN

11:00 a.m.   Pole Vault- Men followed by Women  
High Jump- Women followed by Men  
Long Jump- (2 pits) followed by Triple Jump (2 pits)  
Triple Jump- Men followed by Women, Starts 20 minutes after Long Jump

11:00 a.m.   Hammer- Men followed by Women  
Shot put- Women followed by Men

1:15 p.m.   Javelin- Men followed by Women

Discus- Women Followed by Men(at the conclusion of the Hammer)

RUNNING EVENTS

Time Schedule: Approximate time schedule. WOMEN run first in all events except where noted. WE WILL NOT RUN AHEAD OF THIS SCHEDULE

11:30 a.m.   400 Meter Relay
11:35 a.m.   3,000 Meter Steeplechase
12:10 p.m.   1,500 Meters
12:25 p.m.   400 Meters
12:35 p.m.   100/110 Meter Hurdles
12:50 p.m.   100m Dash
1:00 p.m.    800 Meters
1:20 p.m.    400 Meter Hurdles
1:30 p.m.    200 Meters
1:45 p.m.    5,000 Meters(combined)
2:10 p.m.    1,600 Meter Relay