

# APU TWILIGHT AND MULTI

## Tentative TIME SCHEDULE

### May 9<sup>th</sup>, 2019

The multi event competition will use a rolling time schedule with each event being contested at the earliest time and no sooner than 30 minutes after the conclusion of the preceding event. Day 2 of the multi-event competition will be worked into the main meet using the approximated schedule below.

**3:00 Heptathlon** 100 Hurdles, High Jump, Shot Put, 200 Meters

**3:15 Decathlon** 100 Meters, Long Jump, Shot Put, High Jump, 400 Meters

### May 10<sup>th</sup>, 2019

Running Event Schedule	Field Event Schedule
2:00 PM Decathlon 110 Hurdles	12:00 PM Men's Pole Vault
4:00 PM Men's 4 x 100 Relay	12:00 PM Women's Long Jump (Men to follow)
4:10 PM Women's 4 x 100 Relay	1:30 PM Men's Javelin (Women to follow)
4:20 PM Men's 1500m	2:00 PM Women's Pole Vault
4:30 PM Women's 1500m	2:30 PM Women's Discus (Men to follow)
4:45 PM Men's 110 HH	2:30 PM Women's Triple Jump (Men to follow)
5:00 PM Women's 100 HH	2:45 PM Decathlon Discus
5:10 PM Men's 100m	4:00 PM Women's High Jump (Men to follow)
5:20 PM Women's 100m	4:00 PM Decathlon Pole Vault
5:35 PM Men's 400m	4:15 PM Heptathlon Long Jump
5:45 PM Women's 400m	4:30 PM Women's Shot Put (Men to follow)
5:55 PM Men's 800m	5:15 PM * Heptathlon Javelin
6:05 PM Women's 800m	6:15 PM * Decathlon Javelin
6:20 PM Men's 400m Hurdles	
6:30 PM Women's 400m Hurdles	
6:45 PM Men's 200m	
6:55 PM Women's 200m	
7:05 PM Men's 4x400 relay	
7:15 PM Women's 4x400 relay	
7:30 PM Heptathlon 800m	
7:45 PM Decathlon 1500m	
	*Decathlon and heptathlon events will have at least 30 minutes between events and try follow the listed schedule.