

**2011 NORTHWEST CONFERENCE
TRACK AND FIELD CHAMPIONSHIPS
April 22-23, Maxwell Field**

DAY 1 (FRIDAY)

2 p.m.

Pole Vault (M)
Long Jump (W)
Javelin (W)
Discus (M)
3,000m Steeplechase Finals (M)

2:20 p.m.

3,000m Steeplechase Finals (W)

2:40 p.m.

10,000m Run (M)

3:30 p.m.

10,000m Run (W)

4:30 p.m.

110m Hurdles (M)
Javelin (M)
Long Jump (M)
High Jump (W)
Discus (W)

4:45 p.m.

100m Hurdles (W)

5 p.m.

400m Dash Trials (M)

5:10 p.m.

400m Dash Trials (W)

5:20 p.m.

100m Dash Trials (M)

5:30 p.m.

100m Dash Trials (W)

5:40 p.m.

800m Run Trials (M)

5:55 p.m.

800m Run Trials (W)

6:10 p.m.

400m Hurdles Trials (M)

6:25 p.m.

400m Hurdles Trials (W)

6:40 p.m.

200m Dash Trials (M)

6:50 p.m.

200m Dash Trials (W)

7 p.m.

1,500m Run Trials (M) if needed

7:15 p.m.

1,500m Run Trials (W) if
needed

DAY 2 (SATURDAY)

10:30 am

Hammer (M)
Triple Jump (W)
Pole Vault (W)
High Jump (M)
Shot Put (W)

12 p.m.

400m Relay (M)

12:05 p.m.

400m Relay (W)

12:10 p.m.

1500m Run (M)

12:20 p.m.

1500m Run (W)

12:35 p.m.

110m Hurdles (M)

12:40 p.m.

100m Hurdles (W)

12:50 p.m.

400m Dash (M)

12:55 p.m.

400m Dash (W)

1 p.m.

Triple Jump (M)
Hammer (W)
Shot Put (M)
100m Dash (M)

1:05 p.m.

100m Dash (W)

1:10 p.m.

800m Run (M)

1:20 p.m.

800m Run (W)

1:30 p.m.

400m Hurdles (M)

1:40 p.m.

400m Hurdles (W)

1:50 p.m.

200m Dash (M)

1:55 p.m.

200m Dash (W)

2:05 p.m.

5000m Run (M)

2:25 p.m.

5000m Run (W)

2:55 p.m.

1600m Relay (M)

3 p.m.

1600m Relay (W)

3:30 p.m.

Awards Ceremony