

Portland Twilight

Final Schedule

Field Events

Friday, May 11th

George Fox University

9:00 – 10:00 AM Weigh-ins

10:00 AM	Javelin	(M & W)
10:00 AM	Discus	(M & W)
10:00 AM	High Jump	Women (Men to follow)
11:00 AM	Pole Vault	Women (Men to follow)
11:00 AM	Long Jump	(M & W) Triple Jump to follow
11:00 AM	Shot Put	(M & W) Hammer to follow

Decathlon / Heptathlon

Thursday, May 10th

George Fox University

1:00 PM Dec - First Event

1:00 PM Hep - First Event

Friday, May 11th

9:00 AM Dec - First Event

9:00 AM Hep - First Event

Running Events

Saturday, May 12th

Lewis & Clark College

(slow to fast, fastest heat last)

			Heats
3:15 PM	400H	W	1
3:20 PM	400H	M	2
3:30 PM	400m	W	2
3:38 PM	400m	M	2
3:45 PM	1500m	girls youth	1
3:55 PM	1500m	boys youth	1
4:05 PM	100m	W	2
4:13 PM	100m	M	3
4:25 PM	800m	W	2
4:35 PM	800m	M	5
5:00 PM	100H	W	1
5:10 PM	110H	M	2
5:20 PM	Steeple	W	1
5:35 PM	Steeple	M	2
6:00 PM	1500m	W	3
6:25 PM	1500m	M	4
6:50 PM	200m	W	3
7:03 PM	200m	M	3
7:15 PM	5000m	M (section B)	1
7:35 PM	5000m	W	1
7:55 PM	5000m	M	1
8:15 PM	10,000m	M & W	

