

2021 MESSIAH MULTI/DISTANCE CARNIVAL/T&F INVITATIONAL

April 8-10, 2021

Multi: Decathlon - 4:00 Thursday, 2:30 Friday; Heptathlon 4:15 Thursday, 2:45 Friday.

FRIDAY, April 9

3:30-4:15 Implement Weigh-Ins for hammer and Saturday event in Falcon Hut

5:00 men's open **hammer** (9), women (15) start to follow 20 minutes after the conclusion of men's hammer

Track Distance Events (slow then fast) **ROLLING schedule** (the meet may run ahead or behind schedule.)

The dec 1500 and hept 800 will be contested between these events.

Please keep **masks on** until the start of your race and back on immediately after your race.

5:00 men's 1500m (4 heats)

5:30 women's 1500m (2 heats)

5:45 men's 5k (2 heats)

6:25 women's 5k (2 heats)

7:10 men's 10K (1 heat)

7:50 women's 10K (1 heat)

SATURDAY, April 10

Track Events (slow then fast) **ROLLING schedule** (the meet may run ahead or behind schedule.)

Please keep **masks on** until the start of your race and back on immediately after your race.

11:00 400 meter relay (W) 1 heat

11:05 400 meter relay (M) 1 heat

11:10 4x800 meter relay (W) 1 heat

11:25 4x800 meter relay (M) 1 heat

11:40 100 meter hurdles (W) 1 heat

11:45 110 meter hurdles (M) 1 heat

11:55 400 meter dash (W) 2 heats

12:05 400 meter dash (M) 1 heat

12:10 100 meter dash (W) 3 heats

12:15 100 meter dash (M) 2 heats

12:20 800 meter run (W) 3 heats

12:35 800 meter run (M) 4 heats

12:55 400 meter hurdles (W) 1 heat

1:00 400 meter hurdles (M) 1 heat

1:10 200 meter dash (W) 3 heats

1:15 200 meter dash (M) 3 heats

1:20 Messiah Senior Recognition

1:30 3000 meter steeplechase (W) 1 heat

1:45 3000 meter steeplechase (M) 1 heat

2:00 1600 meter relay (W) 1 heat

2:05 1600 meter relay (M) 1 heat

Field Events (4 attempts)

Please keep **masks on** until you begin your jump or throw and back on immediately after your events.

Jumps

10:30 Long Jump men (13)

11:40 LJ women (13)

12:50 Triple Jump men (7)

1:40 TJ women (7)

10:30 Pole Vault, women (6)

12:00 Pole Vault, men (5)

10:45 High Jump, women (6)

12:15 High Jump, men (9)

Throws

9:00-10:00 Implement Weigh-Ins for in Falcon Hut

10:30 - Men's shot-put (11), followed by javelin (6), then discus (13)

10:30 - Women's discus (10), followed by shot-put (8), then javelin (8)