

## Tiffin Dragon Open

January 18, 2019

### Starting Heights

Men's HJ - 1.74m/5'8.5" (5cm increments)    Women's HJ - 1.43m/4'8.25" (5cm increments)  
Men's PV - 3.85m/12'7.5" (15cm increments)    Women's PV - 2.65m/8'8.25" (15cm increments)  
\*\*\*Meet management may adjust starting heights & increment progressions due to field sizes.

### 6pm Field Events

Men's & Women's Long Jump (Separate Pits)

Men's & Women's Triple Jump (Separate Pits)

- Triple Jump will be contested at the conclusion of the Long Jump

Women's Weight Throw—Men to follow

Men's Shot Put—Women to follow

Women's Pole Vault—Men to follow

Men's High Jump —Women to follow

**6pm (EST):** all running events are contested men first.

### **This is a rolling time Schedule:**

Men's DMR

Women's DMR

*(Prelim)* Men's 60 Meter Hurdles

*(Prelim)* Women's 60 Meter hurdles

*(Prelim)* Men's 60 Meters

*(Prelim)* Women's 60 Meters

Men's Mile

Women's Mile

*(Final)* Men's 60 Meter Hurdles (top 8)

*(Final)* Women's 60 Meter Hurdles (top 8)

*(Final)* Men's 60 Meter (top 8)

*(Final)* Women's 60 Meter (top 8)

Men's 400 Meters

Women's 400 Meters

Men's 800 Meters

Women's 800 Meters

Men's 200 Meters

Women's 200 Meters

Men's 3000m

Women's 3000m

Men's 4x400 Meter Relay

Women's 4x400 Meter Relay

