

Tiffin Alumni Open

Dec 1, 2018

Spike Rule: 1/4-inch pyramid spikes are the only accepted spikes. Athletes are only permitted to wear spikes on the Indoor Track & in the Turf Room. **Spikes will be checked & tagged at clerking station.**

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 slightly due to field sizes.

12pm Start Time Field Events

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

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

Men's Triple Jump —Women to Follow

- Triple Jump will be contested at the conclusion of the Long Jump; only one pit will be used

12pm (EST): all running events are contested men first.

This is a rolling time Schedule:

(Prelim) Men's 60 Meters (Top 2 per heat and next fastest = 32 to Semi's)

(Prelim) Women's 60 Meters (Top 2 per heat and next fastest= 32 to Semi's)

(Prelim) Men's 60 Meter Hurdles (Heat winners and next fastest)

(Prelim) Women's 60 Meter hurdles (Heat winners and next fastest)

(Semi) Men's 60 Meters (Heat Winners and next 4 fastest)

(Semi) Women's 60 Meters (Heat Winners and next 4 fastest)

Men's Mile

Women's Mile

(Final) Men's 60 Meter Hurdles

(Final) Women's 60 Meter Hurdles

(Final) Men's 60 Meter

(Final) Women's 60 Meter

Men's 400m

Women's 400m

Men's 500

Women's 500

Men's 600m

Women's 600m

Men's 800m

Women's 800m

Men's 1000m

Women's 1000m

Men's 300m

Women's 300m

Men's 200m

Women's 200m

Men's 3000m

Women's 3000m

Men's 5000m

Women's 5000m

Men's 4x400 Meter Relay

Women's 4x400 Meter Relay