

WARTBURG INDOOR
 @ Wartburg College, Waverly
 03/04/14

ASPI - 18901

12:00 PM

Dismiss from class

Wednesday

Weights @ 12:45 PM

12:30 PM

Bus leaves from gym parking lot

Thursday

Kingston @ 12:45 PM

2:30 PM

Team warm up

2:30 PM

Coaches meeting

Bring Check

Shot Put

3:00 PM

Eivins

McInerney

2 Entries

43-01.50

38-03.50

If trouble with dates above
 copy outdoor format
 and start again

High Jump

3:00 PM

Borseth

2 Entries (2 pits)

5-00.00

Long Jump

3:00 PM

Chittick

2 Entries (2 pits)

19-01.00

55 M Hurd Pr

3:00 PM

Bounds

Tomkins

2 Entries (B-G)

8.16

9.07

55 M Dash Pr

3:25 PM

Chittick

Karlan

2 Entries (B-G)

6.46

6.57

(3000 @ 3:50)

3200 M Run

4:20 PM

Prochnow

Cortez

2 Entries

14:23.00

12:42.39

55 M Hurd Finals

4:50 PM

Bounds

2 Entries (B-G)

8.02

55 M Dash Finals

5:00 PM

Chittick

Karlan

2 Entries (B-G)

6.53

6.51

4 X 800 M Relay

5:10 PM

Homan

Hitchings

Gesling

Baxter

1 Entry

2:22.50

2:18.30

2:24.10

2:15.70

9:20.81

200 M Dash

6:00 PM

Beaton

Borseth

2 Entries

24.05

25.26

(1500 @ 6:30 pm)

1600 M Run

6:50 PM

Cortez

Hitchings

2 Entries

5:54.10

5:13.97

400 M Dash

7:20 PM

Larson

Short

2 Entries

53.02

56.60

1600 Medley Rel

8:00 PM

Furnish

Tomkins

Borseth

Pady

1 Entry

24.37

26.79

57.1

2:16.24

4:04.54

800 M Run	8:40 PM	Homan	Baxter			
2 Entries		2:22.28	2:20.68			
4 X 200 M Relay	9:05 PM	Bounds	Beaton	Pady	Furnish	
1 Entry		25.27	24.12	24.57	24.59	1:38.60
4 X 400 M Relay	9:35 PM	Chittick	Larson	Karlan	Short	
1 Entry		53.70	54.71	58.52	57.32	3:44.31

Team warm down

Things to bring:

Sweats
Speed suit
Shorts
Wear only school colors
Spike, socks
Food (in BB arena only)

Meet notes:

Relay captain = lead off runner
If the schedule gets ahead, it will stay ahead.
Spikes will be allowed in this meet (only on track surfaces)
Girls before Boys except where noted

Do not leave your sweats unattended!!