

Regional Finals @ Welcome Stadium
Friday May 30, 2014

Shot Put (5pm)
Odenigbo (F2T4)
Roop (F1T1)

High Jump (5pm) 5'10 STARTING HEIGHT
Andreatta (J9)

110 Hurdles (6:05 pm)

100 Meters (6:10 pm)
Goldsmith (L8)

4 x 200 Relay (L1) (6:25)
Hale
Goldsmith
Anthony
Harmon
Alt- Ashburn & Tinnerman

1,600 Meters (6:35 pm)
Larkin (2B)
Batron (5B)

4 x 100 Relay (L1) (6:50)
Hale
Goldsmith
Anthony
Ashburn
Alt- Sullivan & Tinnerman

400 Meters (7:05 pm)

300 Hurdles (7:10 pm)

800 Meters (7:25 pm)
Andreason (7A)

200 Meters (7:35 pm)
Goldsmith (L7)

3,200 Meters (7:40 pm)
Larkin (2A)

4 x 400 Relay (L2) (8:10 pm)
Coburn
Hale
Hughes
Harmon
Alt- Anthony & Andreason

- There will be no calls made so be at check in 2 events prior to your event.
- No cards tonight, you turned them in Wednesday.
- White uniforms tonight (white gwoc t's)
- Times listed are what time your event starts

Bus Times:
1st bus is at 2:30 pm
2nd bus is at 3:45pm