UNIVERSITY AT ALBANY
GREAT DANE CLASSIC
SATURDAY, JANUARY 14, 2017
OCEAN BREEZE TRACK & FIELD CENTER
10:30 AM – 7:30 PM

Order of Events – Meet will run up to 20 minutes ahead of time schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
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</thead>
<tbody>
<tr>
<td>10:30 am</td>
<td>60m HH Trials</td>
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<tr>
<td>11:00 am</td>
<td>60m Trials</td>
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<tr>
<td>11:45 am</td>
<td>60m HH Men followed by Women Final – Top 8 from trials</td>
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<tr>
<td>12:00 pm</td>
<td>60m (College) Final – Top 8 Collegians from trials</td>
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<tr>
<td>12:05 pm</td>
<td>60m (Open/Club) Final – Top 8 Open/Club Athletes from trials</td>
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<tr>
<td>12:10 pm</td>
<td>5,000m Final – One Section each</td>
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<tr>
<td>12:50 pm</td>
<td>One Mile Run Final</td>
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<tr>
<td>1:45 pm</td>
<td>400m Final</td>
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<tr>
<td>2:45 pm</td>
<td>500m Final</td>
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<tr>
<td>3:30 pm</td>
<td>800m Final</td>
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<tr>
<td>4:00 pm</td>
<td>1,000m Final</td>
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<tr>
<td>4:25 pm</td>
<td>200m Final</td>
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<tr>
<td>5:25 pm</td>
<td>3,000m Final</td>
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<tr>
<td>6:40 pm</td>
<td>4x400m relay Final</td>
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All Final running events are run fast to slow. The 4x400m relays will be run in the following order: Women’s top 2 sections (fast to slow) followed by the Men’s top 2 sections (fast to slow), Women’s 3rd-5th followed by Men’s 3rd-5th

Horizontal Jumps - 1st legal jump will be measured
(Men and women compete at the same time on dual pits)

Long Jump – 1st Jump is @ 10:30 am
Minimum measurement: Women: 5.30m (pit by track) Men – 6.50m (pit by sprints)
15 minute general warm-up – followed by 15 minute warm-up for 1st flight, 15 minute warm-up for 2nd flight, 10 minute warm-up prior to final

Triple Jump – 1st Jump is 45 minutes after Long
Minimum measurement: Women: 11.00m (pit by track) Men – 13.50m (pit by sprints)
15 minute general warm-up – followed by 15 minute warm-up for 1st flight, 15 minute warm-up for 2nd flight, 10 minute warm-up prior to final

Vertical Jumps (Based on 2017 IC4A/ECAC Qualifying Standards)
Women’s Pole Vault (Women – runway opens at 9:30 am) – 1st Vault is @ 10:30 am
Height Progressions: Women – 3.00, 3.15, 3.30, 3.45, 3.60, 3.75, 3.85, 3.95, 4.05, 4.15, 4.25, etc.

Men’s Pole Vault (Men – runway opens after Women’s PV) – 1st Vault is 1 hour after Women’s PV
Height Progressions: Men – 4.20, 4.35, 4.50, 4.65, 4.80, 4.95, 5.05, 5.15, 5.25, 5.35, 5.45, etc.

Women’s High Jump – 1st Jump is 45 minutes after Men’s Triple Jump (Mats by Sprints Finish Line)
Height Progressions: Women – 1.55, 1.60, 1.65, 1.70, 1.75, 1.78, 1.81, 1.84, 1.87, 1.90, etc.

Men’s High Jump – 1st Jump is 45 minutes after Men’s Triple Jump (Mats by Sprints Start Line)
Height Progressions: Men – 1.89, 1.94, 1.99, 2.04, 2.09, 2.14, 2.19, 2.22, 2.25, 2.28, etc.
Throwing Events - 1st legal throw will be measured

Women’s Weight Throw – 1st Throw is @ 10:30 am
Minimum measurement – 12.75m
(Flight 1 in Cage closest to stands, Flights 2, 3 & Finals in cage closest to window)
15 minute general warm-up – followed by 15 minute warm-up for 1st flight, 15 minute warm-up for 2nd flight, 10 minute warm-up prior to final

Men’s Weight Throw – 1st Throw 45 min after women’s weight
Minimum measurement – 14.00m
(1 flight & finals in cage closest to window)
30 minute warm-up, 10 minute warm-up prior to final

Women’s Shot Put – 1st Throw 45 min after men’s weight
Minimum measurement – 12.00m
(Flight 1 in Cage closest to stands, Flights 2, 3 & Finals in cage closest to window)
15 minute general warm-up – followed by 15 minute warm-up for 1st flight, 15 minute warm-up for 2nd flight, 10 minute warm-up prior to final

Men’s Shot Put – 1st Throw 45 min after women’s shot put
Minimum measurement – 14.00m
(Flight 1 in Cage closest to stands, Flights 2, 3 & Finals in cage closest to window)
15 minute general warm-up – followed by 15 minute warm-up for 1st flight, 15 minute warm-up for 2nd flight, 10 minute warm-up prior to final – finals will be contested in long cage

Implement weigh-in 9:15-12:00 pm and in-between events by the throws cage