

Spokane Memorial Meet

-Spokane Falls Community College-

Friday, April 20, 2018 (Afternoon/Evening)

- 3:00pm Men's Hammer (Women to follow) [1 flight each]
- 7:00pm Women's 5k (Men's 5k to follow)

Saturday, April 21, 2018

Field Events

- 10:30 am
 - Women's Shot Put
 - Men's Discus
 - Women's Javelin
 - Men's Long Jump (Women to follow)
 - Women's Pole Vault
 - Men's High Jump
- 12:30 pm
 - Men's Shot Put
 - Women's Discus
 - Men's Javelin
 - Men's Triple Jump (Women to follow)
 - Men's Pole Vault
 - Women's High Jump

Track Events — Note: Athletes must be checked-in 20:00 minutes prior to their event. Women race first in all track events.

- 11:30 am 4 x 100m Relay
- 11:45 am 1500m
- 12:15 pm 100m Hurdles
- 12:30 pm 110m Hurdles
- 12:50 pm 400m

- 1:05 pm 100m
- 1:20 pm 800m
- 1:40 pm 400m Hurdles
- 2:00 pm 200m
- 2:15 pm 3,000m Steeplechase
- 2:30 pm 4 x 400m Relay