



25TH ANNUAL UALBANY INTRASQUAD/ALUMNI MEET & TRY-OUT

Monday, November 26, 2018

- 9:45am & 4:30pm Long Jump (W & M combined)
- 11:00am Turbo Javelin (Bubble) or Javelin (Outside – Weather permitting) (W & M combined)
- 1:00pm Weight Throw (W & M combined) (Bubble)
- 4:30pm Pole Vault (W & M combined) (Bubble)

Tuesday, November 27, 2018

- 10:00am High Jump (Lefties followed by Righties W & M Combined)
- 1:00pm Shot Put (Bubble)/Discus (Bubble/Outside - Weather permitting) (W & M combined)
- 3:00pm 3,000 meter run (W & M) (outdoor track)
- 4:00pm Triple Jump (W & M combined)
- 5:15pm 500 meter run (W, M)
- 5:30pm 55 meter dash - semi – everyone qualifies to final (W, M)
- 5:45pm 55 meter hurdles - semi – everyone qualifies to final (W, M)
- 6:00pm 800 meter run (W, M)
- 6:10pm 1,000 meter run (W, M)
- 6:20pm 55 meter dash – finals (W, M)
- 6:25pm 55 meter hurdles – finals (M, W)
- 6:35pm 300 meters dash (W, M)

Horizontal Jumps and Throws - 6 attempts