



TRACK & FIELD

Mesa College Track & Field Invitational

Mesa Community College | John D. Riggs Stadium
Friday, April 22, 2022 | Weigh-ins 3:30 – 4:30 PM

Starts at:	Event (Running):
5:30 PM	Women 3000 Meter Steeplechase
5:45 PM	Men 3000 Meter Steeplechase
6:00 PM	Women 4x100 Meter Relay
6:05 PM	Men 4x100 Meter Relay
6:10 PM	Women 1500 Meter Run
6:20 PM	Men 1500 Meter Run
6:30 PM	Women 400 Meter Dash
6:35 PM	Men 400 Meter Dash
6:50 PM	Women 100 Meter Hurdles
7:05 PM	Men 110 Meter Hurdles
7:15 PM	Women 100 Meter Dash
7:20 PM	Men 100 Meter Dash
7:25 PM	Women 800 Meter Run
7:30 PM	Men 800 Meter Run
7:45 PM	Women 400 Meter Hurdles
8:00 PM	Men 400 Meter Hurdles
8:10 PM	Women 200 Meter Dash
8:15 PM	Men 200 Meter Dash
8:20 PM	Women 5000 Meter Run
8:40 PM	Men 5000 Meter Run
9:00 PM	Women 4x400 Meter Relay
9:10 PM	Men 4x400 Meter Relay

Starts at:	Event (Field) Weigh-ins 3:30 – 4:30 PM:
4:30 PM	Men Javelin Throw
4:30 PM	Women Javelin Throw
4:30 PM	Men Hammer Throw
4:30 PM	Women Shot Put
5:00 PM	Men's & Women's Long Jump. Note: Open pit and closes at 6:30 PM (must get a mark in the first 3 jumps to get 3 more).
5:30 PM	Women's Pole Vault / Men to follow
5:30 PM	Men's High Jump / Women to follow
6:00 PM	Men Discus Throw
6:00 PM	Women Hammer Throw
7:00 PM	Men's & Women's Triple Jump. Note: Open pit and closes at 8:00 PM (must get a mark in the first 3 jumps to get 3 more).
7:30 PM	Men Shot Put
7:30 PM	Women Discus Throw

Meet Entry/Fees: Teams enter through Direct Athletics: <https://www.directathletics.com>
 Entries will close on Wednesday, April 20, 2022 at 11:59pm MST. Fees are \$200.00 per team, per gender and \$25.00 per unattached individual athlete. **Athletic Trainer:** MCC will have an athletic trainer available under the canopy on south end of track. **Timing/Results:** All timing will be done electronically by *Wingfoot Finish*. Live results can be found at: live.wingfootfinish.com and posted on the *Direct Athletics.com* & *TFRRS.org* websites.