



PRACTICE SCHEDULE

Wednesday, February 22

Session 1: 2 pm – 4:45 pm; Session 2: 5:15 pm – 8 pm

- Multipurpose Facility 2 pm – 8 pm
- Outdoor Track 2 pm – 8 pm

Thursday, February 23

Session 1: 9 am – 12 pm; Session 2: 12:30 pm – 3:30 pm

- Multipurpose Facility 9 am – 3:30 pm
- Outdoor Track 9 am – 3:30 pm
- Weigh-In & Impounding 10 am – 3:30 pm

Friday, February 24

- Outdoor Track 7:30 am – 5 pm
- Weigh-In & Impounding 8:00 am – 10:30 am

Saturday, February 25

- Outdoor Track 7:30 am – 5 pm
- Weigh-In & Impounding 8:00 am – 10:30 am

Weight and Shot Put throws are the **only** throws permitted at the Outdoor Track.

Athletic tape is the only material permitted for exchange zones and runway markings.

All events, minus the high jump, are restricted to ¼ inch or 7 mm pyramid spikes. 3/8 inch or 9 mm pyramid spikes are allowed for the high jump. Needle/pin or Christmas tree spikes are not permitted.