

**Friends University \* Ottawa University \* Shocker Track Club First Chance Qualifier**

**Dates: Saturday January 9th - Sunday January 10th, 2021**

**Location: Wichita State University - Heskett Center**

**Tentative Schedule:**

**Day 1**

**Field Events (Master's/Open/Youth Division)**

8:30am-10:30am

Long Jump (4 Attempts, NO Finals, Cafeteria Style)  
Standing Long Jump (4 Attempts, NO Finals, Cafeteria Style)  
Pole Vault  
Shot Put (4 Attempts, NO Final, Cafeteria Style)

10:30am-12:30pm

Triple Jump (4 Attempts, NO Finals, Cafeteria Style)  
High Jump  
Weight Throw (4 Attempts, NO Finals, Cafeteria Style)

**Men's Heptathlon (College)**

**Field Event**

1:00pm

Heptathlon 60 Meter Dash

1:00pm

Pole Vault (

1:35pm

Heptathlon Long Jump

2:30pm

Triple Jump

2:25pm

Heptathlon Shot Put

3:20pm

Shot Put (W

3:15pm

Heptathlon High Jump

**Day 2**

**Men's Heptathlon (College)**

**Field Event**

11:00am

Heptathlon 60 Meter Hurdles

9:00am

High Jump (

11:35am

Heptathlon Pole Vault

9:00am

Long Jump

1:00pm

Heptathlon 1000 Meter Run

9:00am

Weight Thr

**s (College Division)**

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5:00pm

**Running Events (W then M; Order: College/Op  
Rolling Schedule**

60 Meter Dash Prelims (Top 7 to Finals) (All)  
1000 Meter Run (College Only)  
60 Meter Dash Finals (College, Open, Youth)  
600 Meter Run (College Only)  
200 Meter Dash (All)  
3000 Meter Run (College/Open, Master's)  
3200 Meter Run (Youth)

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1:30pm

**Running Events (W then M; Order: College/Op  
Rolling Schedule**

60 Meter Hurdles Prelims (Top 7 to Finals) (All)  
Mile Run (College, Master's/Open)  
1600 Meter Run (Youth)  
400 Meter Dash (All)  
60 Meter Hurdles Finals (College, Open, Youth)  
3000 Meter Racewalk (All)  
OFFICIAL'S BREAK  
800 Meter Run (All)  
5000 Meter Run (College Only)

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