

TRUMAN STATE UNIVERSITY 2022 TWILIGHT TRACK & FIELD MEET

Thursday, April 28, 2022

- Date:** Thursday, April 28, 2022
- Site:** Truman State University
Stokes Stadium – Ken Gardner Track
- Time:** Field Events start at 2:30 PM
Running Events start at 4:30 PM (we will stay on the time schedule)
- Entry Fee:** \$125 per Gender/Men & Women Combined \$250
- Entries:** Entries will be completed on Direct Athletics [Online Entry Link](#)

All entries are due by April 27th at 5:00pm.
Scratches and changes can be made until 9:00am on April 28th.

**Entry
Limits:** Unlimited

**Meet
Documents:** [Performance List](#) [Heat/Flight Sheets](#)

Scoring: NCAA Rule Book

Check In: Self Check In (pick up hip numbers near finish line)
Report to Clerk Five minutes before Event

Trainers: Trainers will be available.

**Field
Events:** **Four throws and jumps in all field events** will be given.
If Flights are small, Men & Women may be combined.

Weigh In: At the throw shed next to Shot Ring from 1:30p to 2:30p.

2022 TRUMAN STATE TWILIGHT TRACK & FIELD MEET

TENTATIVE

Thursday, April 28, 2022

Time Schedule (Heats fast to slow)

Field Events

2:30 PM	Men's Discus Women's Javelin Men's Long Jump & Women's Long Jump Men's Pole Vault & Women's Pole Vault
3:45 PM	Women's Discus Men's Javelin Men's Triple Jump & Women's Triple Jump Women's High Jump & Men's High Jump
5:00 PM	Women's Shot Men's Hammer
6:15 PM	Women's Hammer Men's Shot

Running Events (we will stay on the time schedule)

4:30 PM	110 Hurdles	Men
4:38 PM	100 Hurdles	Women
4:50 PM	800 Meters	Men
4:56 PM	800 Meters	Women
5:01 PM	4 x 100 Relay	Men
5:04 PM	4 x 100 Relay	Women
5:07 PM	3000 Meters	Men
5:19 PM	3000 Meters	Women
5:35 PM	100 Meters	Men
5:40 PM	100 Meters	Women
5:48 PM	400 Meters	Men
5:53 PM	400 Meters	Women
6:04 PM	400 Hurdles	Men
6:09 PM	400 Hurdles	Women
6:17PM	200 Meters	Men
6:24 PM	200 Meters	Women
6:33 PM	1500 Meters	Men
6:41 PM	1500 Meters	Women
6:50 PM	4 x 400 Relay	Men
6:55 PM	4 x 400 Relay	Women