

Itinerary: **SALUKI FAST START**

Meet Date: December 5, 2015

Location: SIU Recreation Center

Departure time 1: 6:30 am

Departure time 2: 10:00 am

(Please Arrive 10min Before)

Meet End: Approx 5:30pm

*****IF YOU ARE IN BOTH FIELD AND RUNNING EVENTS, YOU MUST LEAVE AT 6:30 AM.
THE DEPARTURE ROSTER IS ALSO THE EVENT ROSTER, YOUR NAME MAY SHOW UP
IN MORE THAN ONE PLACE. THESE ARE YOUR EVENTS.*****

TO LEAVE AT 6:30 AM

Men's Pole Vault:

Rexwood-Campbell, Austin

Wolke, Monte

Men's Long Jump:

Andresen, Deonte: 6.63m

Kleeman, Kyle: 6.92m

Riggs, Grant: ND

Troutman, Jacob: ND

Waters, Lafayette: 6.40m

Men's Triple Jump:

Kleeman, Kyle: 12.57m

Troutman, Jacob: ND

Men's Shot Put:

Hagene, Chase: 13.35m

Kleeman, Kyle: 11.62m

Pearce, Ryan: 16.48m

Uyehara, Harry: 13.00m

Lusk, Eddie: ND

Men's Weight Throw:

Hagene, Chase: ND

Pearce, Ryan: 14.63m

Uyehara, Harry: 13.06m

Women's Long Jump:

McKee, Rebecca: 4.76m

Women's Triple Jump:

Bowman, Mollie: 10.90m
Jones, Ciara: 10.85m
McKee, Rebecca: 10.00m

Women's Shot Put:

Hill, Christina: 10.14m
Johnson, Monique: 9.60m
Smith, Kirby: 10.80m
Spencer, Cortesha: 10.97m

Women's Weight Throw:

Hill, Christina: 9.31m
Johnson, Monique: ND
Spencer, Cortesha: 12.67m

TO LEAVE AT 10:00 AM

Men's 60m Dash:

McCray, Demontez: 7.02
Rexwood-Campbell, Austin : NT
Dudley, DeQuan : 7.05
Palmer, Alexis: 7.2
Arzu, Darren : 7.30

Men's 200m Dash:

Waters, Lafayette: NT
Andresen, Deonte: 23.00
Arzu, Darren : 23.4

Men's 400m Dash:

McCray, Demontez: 49.5
Neal, Christian : 52.5
Palmer, Alexis: 49.72
Riggs, Grant: 52.5
Allen, Tyree: 51.00

Men's 600m Run:

Silva, Gabe : 1:24
Webster, Brenner: 1:29

Men's 800m Run:

Cargill, Duane: 1:57.97
Gardewine, Andrew: 1:57
Johnson, Tyler: 2:01
Krause, Ryan: 2:02
Riggs, Grant: 2:04

Schmidt, Christian: 2:07.07

White, Trevor: 1:58

Men's 1 Mile Run:

Webster, Brenner: 4:24

Men's 3,000m Run:

Manion, Tyler: 9:10

Richter, Benjamin: 8:56.41

Men's 4 x 400m Relay:

A: 3:24 (McCray, Allen, White, Johnson)

B: 3:24 (Cargill, Palmer, Neal, Gardewine)

C: 3:30 (Silva, Arzu, Riggs, Kleeman, Troutman)

Women's 60m Dash:

Dentzman, Nikki: 8.11

Sillas, Jessika: 8.28

Smith, Ashlyn: 8.19

Smith, Kirby: NT

Women's 200m Dash:

Bowman, Mollie: 27.33

Jansen, Lindsey: 30.40

Sillas, Jessika: 27.30

Smith, Ashlyn: NT

Smith, Kirby: NT

Maciukaite, Irma: 26.30

Women's 400m Dash:

Dentzman, Nikki: 1:01.30

Looman, Jordyn: 1:03

Nieves, Tatianna: 1:05

Women's 600m Run:

Ali, Peyton : NT

Women's 800m Run:

Fulgham, Tori: 2:22

Johnson, Karis: 2:19

McSweeney, Quincy: 2:19.6

Schutt, Kaitlyn: 2:29.34

Women's 1 Mile Run:

Ali, Peyton : 5:45

Women's 3,000m Run:

Blount, Rebecca : NT
Lenz, Samantha: 13:12.21

Women's 60m Hurdles:

Calcara, Melissa : 9.49
Jansen, Lindsey: 11.19
Jones, Ciara: 9.28
Sangster, Julia: 9.91
Smith, Kirby: NT
Maciukaite, Irma: 9.27

Women's 4 x 400m Relay:

A: 4:05 (Fulgham,McSweeney,Dentzman,Bowman,Calcara,Maciukaite)

B: 4:10 (Johnson,Schutt,Smith,Looman,Nieves)

2015 Saluki Fast Start
SIU Recreation Center – December 5, 2015
(Tentative Time Schedule of Events)

SATURDAY December 5, 2014

Field Events:

10:00 a.m.	Pole Vault	Women followed by Men
10:00 a.m.	Weight Throw	Women followed by Men
	Shot Put	Women followed by Men (this event will follow men's weight)
	High Jump	Women followed by men (this event will follow men's shot put)
10:30 a.m.	Long Jump	Men followed by Women
	Triple Jump	Men followed by Women (this event will follow women's long jump)

Running Events:

2:00 p.m.	60 meters – semi	Men
2:10	60 meters – semi	Women
2:20	60m hurdles – semi	Men
2:30	60m hurdles – semi	Women
2:35	Mile Run	Men
2:45	Mile Run	Women
2:55	400 meters	Men
3:05	400 meters	Women
3:15	60 meter – final (top 6)	Men
3:20	60 meter – final (top 6)	Women
3:30	60m hurdles – final (top 6)	Men
3:35	60m hurdles – final (top 6)	Women
3:40	600m Run	Men
3:45	600m Run	Women
4:00	200 meters	Men
4:15	200 meters	Women
4:30	800 meters	Men
4:35	800 meters	Women
4:40	3000 meters	Men
4:55	3000 meters	Women
5:10	4x400m Relay	Men
5:25	4x400m Relay	Women