



**EASTERN MICHIGAN TRIANGULAR MEET -
Friday, January 9Th - EMU, OAKLAND, DETROIT**

Field Events –

- 4:00 PM Men's Weight Throw (Women to follow)
6:00 PM Men's Shot Put (Women to follow)
6:00 PM Men's Long Jump (Men's Triple Jump to follow)
6:00 PM Women's Long Jump (Women's Triple Jump to Follow)
6:00 PM Women's High Jump (Men to follow)
6:00 PM Men's Pole Vault (Women to follow)

Running Events -

- 6:00 PM Men's Mile
Women's Mile
6:20 PM Men's 60 Hurdles
Women's 60 Hurdles
6:40 PM Men's 500
Women's 400
7:00 PM Men's 60 Dash
Women's 60 Dash
7:15 PM Men's 1000
Women's 800
7:30 PM Men's 200
Women's 200
7:50 PM Men's 3000
Women's 3000
8:15 PM Men's 1600 Relay
Women's 1600 Relay

Entry Procedure: Enter through Direct Athletics/Entry deadline will be Wednesday, January 7th at 7:00 PM.
Unlimited entries/Multiple ('B') relay teams are allowed.

Scoring: Individual Events – 7-5-4-3-2-1/Relays – 7-5-4 (Two individual entries and one relay team per school score)