

Western Colorado Open

February 16, 2024

Friday (Tentative)

Running Events

3:00 – DMR (W)
3:15 – DMR (M)
3:30 - 60m Hurdle Prelim (W)
3:40 - 60m Hurdle Prelim (M)
3:50 – 60m Prelim (W)
4:00 - 60m Prelim (M)
4:10 – Mile (W)
4:20 – Luke Miller Memorial Mile (M)
4:35 – 400m (W)
4:50 – 400m (M)
5:05 – 60m Final (W)
5:10 – 60m Final (M)
5:15 – 60m Final (W)
5:20 – 60m Final (M)
5:25 – 800m (W)
5:30 – 800m (M)
5:30 – 3000m (W)
5:45 – 3000m (M)
6:00 – 200m (W)
6:15 – 200m (M)
6:30 – 1000m (W)
6:35 – 1000m (M)

Field Events

2:30 – Weight Throw (W, M)
Long Jump (W, M)
High Jump (W, M)
Pole Vault (W, M)

Shot Put (M, W) (30 min after end of
Weight Throw)
Triple Jump (M, W) (30 min after end of
Long Jump)

