



2018 PURPLE and WHITE INTRASQUAD 44th ANNUAL TRACK & FIELD MEET

Thompson Recreation and Athletic Centre, Western University

SCHEDULE

DAY 1: Tue. Nov. 20/18

4:30pm Women's	60m prelims
4:40pm Men's	60m prelims
4:55pm Women's	60m B final followed by A final
5:15pm Men's	60m B final followed by A final
5:30pm Men's	3000m
5:40pm Women's	3000m
5:55pm Men's	1000m
6:05pm Men's	1000m
6:15pm Women's	300m
6:30pm Men's	300m

Field Events

4:30pm Men's	LJ
5:30pm Women's	LJ

DAY 2: Wed. Nov. 21/18

FIELD ONLY

HJ	Men	4:00pm
HJ	Women	to Follow
PV	Women	3:00pm
PV	Men	to Follow
TJ	Women	4:30pm
TJ	Men	to Follow
WT	Men & Women	4:00pm
SP	Men	to follow
SP	Women	to follow

DAY 3: Thu. Nov. 22/18

TRACK ONLY

4:30pm Women's	60m Hurdles prelims
4:35pm Men's	60m Hurdles prelims
4:55pm Men's	60m Hurdles Final
5:00pm Women's	60m Hurdles Final
5:10pm Women's	600m
5:20pm Men's	600m
5:30pm Women's	200m
5:40pm Men's	200m
5:50pm Women's	1500m
6:00pm Men's	1500m
6:20pm Co-ed	Medley Relay—200 female,400m male,800m female,800m male
6:30pm Co-ed	4x100m—2 males, 2 females (jumper,thrower,sprint/hurdler, distance...combined events can fill any spot)

RULES

1. Each competitor must wear some purple or white according to their team.
2. **Entries are due by Saturday November 17 via Trackie**
3. Unlimited entries per person and per event.
4. Scoring: 6, 5, 4, 3, 2, 1 points for 1st through 6th place, respectively

PROCEDURES

1. Coaching staff will appoint team captains. All veterans will compete for the same team they were drafted to as a rookie.
2. Draft list of all rookies (frosh, transfers, etc) provided to the captains.
3. Rookie Draft Meeting will be at Thompson at 6:00pm on Tuesday Nov. 13th
-Late entries will be assigned to a team by coaching staff.
4. Captains are expected to "rally their troops" and encourage all team members to compete in more than one event.
5. THIS MEET is one of the primary processes to select Western's 2018-19 team.