

2026 UWG Legends Meet April 3rd & 4th

Friday 4/3/24		Field Events
10:00:00 AM	Men's Shot Put (Women to follow after conclusion of Hammer)	
10:20:00 AM	Women's Hammer (Men to follow after conclusion of Shot Put)	
1:00:00 PM	Women's Triple Jump (Men to follow)	
2:00:00 PM	Women's Javelin (Men to follow)	
Track Events		
9:30:00 AM	Women's 3000m (Men to follow)	
10:15:00 AM	Women's 1500m (Men to follow)	
12:10:00 PM	Women's 400m Hurdles (Men to follow)	
1:30:00 PM	Women's 200m (Men to follow)	
Saturday 4/4/24		Field Events *9:20 AM - National Anthem
9:30 AM	Women's Long Jump (Men to follow)	
9:30 AM	Men's High Jump (Women to Follow)	
12:00 PM	Women's Pole Vault (Men to follow)	
11:30 AM	Men's Discus (Women's to Follow)	
Track Events (All heats & flights will go lowest seed to highest seed)		
9:30:00 AM	Women's 5K (Seeded heats if 25 or more entries)	
10:00:00 AM	Men's 5K (Seeded heats if 25 or more entries)	
11:00	Alumni & Senior Recognition Ceremony with photo-op (@ conclusion of 5K) <i>* Relay Teams may prepare on back stretch of track at this time - West side of building - Department Bldg.</i>	
11:30:00 AM	Women's 4x 100m Relay	
11:45:00 AM	Men's 4x 100m Relay	
12:00:00 PM	15 Minute Pause in Events <i>Hurdles may prepare on back-stretch of track at this time - practice hurdles provided</i>	
Note: We will go to a rolling schedule here, but estimated times are as follows		
12:15:00 PM	Women's 100m H	
12:45:00 PM	Men's 110m H	
1:15:00 PM	Womens 400m	
1:45:00 PM	Men's 400m	
1:55:00 PM	<i>Pause to set Barriers</i>	
2:05:00 PM	Women's 3K Steeplechase	
2:20:00 PM	<i>Pause to set Barriers</i>	
2:25:00 PM	Men's 3K Steeplechase	
2:40:00 PM	<i>Pause to clear Barriers</i>	
2:40:00 PM	Women's 100m	
2:55:00 PM	Men's 100m	
3:10:00 PM	Women's 800m	
3:40:00 PM	Men's 800m	
4:10:00 PM	<i>10:00 minute time correction if needed</i>	
4:20:00 PM	Women's 4x 400m Relay	
4:30:00 PM	Men's 4x 400m Relay	
4:45:00 PM	Approximate Conclusion of Events	