Final Qualifier – Final Instructions

Parking is always an issue, so please exercise patience. If you have a car or van you should go to the [Kresge Lot](https://whereis.mit.edu/?go=P29). The next lot to try would be the [Albany Street Garage](https://whereis.mit.edu/?go=N4) – here you will have to get your ticket and have it validated at the Zesiger Athletic Center

Women will precede men in all running events.

The indoor track will be available if people want to get out of the elements.

We do not have enough entries in the Women's 100, and Men's and Women's HH for trials.

Due to no entries we are cancelling the Men’s 10K, and the Women’s 10K. The new time schedule for running events is as follows:

5:00 4x100 Relay

5:15 3000 Steeplechase

5:40 100 Trials for men only

5:50 1500

6:05 100/110HH Final

6:20 400

6:30 100 Final

6:40 800

6:50 400IH

7:05 200

7:15 5,000

8:00 4x400 Relay

POLE VAULT AND HIGH JUMP STARTING HEIGHTS AND PROGRESSIONS

Men’s

Pole Vault 4.26, 4.41, 4.56, 4.71, 4.86, 4.91, 4.96, 5.01

High Jump 1.86, 1.91, 1.96, 2.01, 2.06, 2.08, 2.10, 2.12, 2.14, 2.16

Women’s

Pole Vault 3.17, 3.32, 3.47, 3.62, 3.77, 3.82, 3.87, 3.92, 3.97, 4.02

High Jump 1.53, 1.58, 1.63, 1.68, 1.70, 1.72, 1.74, 1.76