



**USATF Southwest Masters and Open
Indoor Track and Field Championships
Saturday, March 7, 2015**

**Carl Maddox Field House, LSU
Baton Rouge, LA**

Running Event Finals

10:00 am 3000m



11:00 am 60m Hurdles



11:30 am 400m



12:00 pm 1600m Race Walk



12:30 pm 60m



12:45 pm 800m



1:00 pm 200m



1:30 pm 1600m



2:00 pm 4x400m Relay



Field Event

8:00 am

Weight Throw

Women
19-49 yrs 20 lb
50-59yrs 16 lb
60-74yrs 12 lb
75+ 4kg

Men
19-49 yrs 35 lb
50-59 yrs 25 lb
60-69 yrs 20 lb
70-79 yrs 16 lb
80+ 12 lb



9:00 am

Long Jump



10:00 am

PoleVault



10:30 am

Shot Put

Women
15-49 yrs 4 kg
50-74 yrs 3kg
75+ 2kg

Men
15-18yrs 12lb
19-49 yrs 16 lb
50-59 yrs 6 kg
60-69 yrs 5 kg
70-79 yrs 4 kg
80+ 3 kg



12:00 pm

High Jump



Triple Jump (Immediately following the Long Jump)



NOTE: ALL SPIKES MUST BE CHECKED OUTSIDE AT GATE 13 AT BERNIE MOORE TRACK. ATHLETES WILL NOT BE ALLOWED TO COMPETE WITHOUT HAVING THEIR SPIKES TAGGED. ANY ATHLETE COMPETING WITH NON-TAGGED SPIKES WILL BE DISQUALIFIED. ACCEPTABLE SPIKES: ¼" Pyramids

