



**LOU ONESTY/MILTON G. ABRAMSON
TRACK & FIELD INVITATIONAL**

Friday, April 09, 2010
Saturday, April 10, 2010



FINAL SCHEDULE OF EVENTS

**ALL RUNNING EVENTS WILL BE CONTESTED CONSECUTIVELY.
TIMES LISTED ARE TO BE USED AS A GUIDE ONLY.**

| FRIDAY | |
|---------------|--------------------------------------|
| 1:00 PM | WOMEN'S HAMMER MEN'S POLE VAULT |
| 3:00 PM | MEN'S HAMMER |
| 5:00 PM | WOMEN'S JAVELIN WOMEN'S HIGH JUMP |
| 6:30 PM | MEN'S INVITATIONAL MILE |

| SATURDAY- FIELD EVENTS | |
|-------------------------------|--|
| 10:00 AM | MEN'S JAVELIN MEN'S HIGH JUMP WOMEN'S LONG JUMP (PIT #1) MEN'S LONG JUMP (PIT #2) |
| 12:00 PM | MEN'S SHOT PUT WOMEN'S TRIPLE JUMP (PIT #2) MEN'S TRIPLE JUMP (PIT #1) WOMEN'S DISCUS |
| 2:30 PM | MEN'S DISCUS WOMEN'S POLE VAULT WOMEN'S SHOT PUT |

| SATURDAY- RUNNING EVENTS | |
|---------------------------------|---------------------------|
| 12:00 PM | MEN'S 110 METER HURDLES |
| 12:15 PM | WOMEN'S 100 METER HURDLES |
| 12:30 PM | MEN'S 100 METER DASH |
| 12:40 PM | WOMEN'S 100 METER DASH |
| 12:50 PM | WOMEN'S 1500 METER DASH |
| 1:10 PM | MEN'S 1500 METER DASH |
| 1:25 PM | WOMEN'S 400m RUN |
| 1:35 PM | MEN'S 400m RUN |
| 1:45 PM | WOMEN'S 4X100 METER RELAY |
| 1:50 PM | MEN'S 4X100 METER RELAY |
| 1:55 PM | WOMEN'S 800m RUN |
| 2:05 PM | MEN'S 800m RUN |
| 2:20 PM | WOMEN'S 400m HURDLES |
| 2:35 PM | MEN'S 400m HURDLES |
| 2:45 PM | WOMEN'S 200m DASH |
| 2:55 PM | MEN'S 200m DASH |
| 3:05 PM | WOMEN'S 3000m RUN |
| 3:20 PM | MEN'S 3000m RUN |
| 3:35 PM | WOMEN'S 4x400m RELAY |
| 3:45 PM | MEN'S 4x400m RELAY |

Check-In Procedures:

Initial check-in for athletes can take place anytime, but at least 1 hour before scheduled event time.

First Call: 70 minutes before scheduled event time. Make sure athletes checked in to check-in tent.

Second Call: 30 minutes before scheduled event time. All athletes must report to check-in tent to retrieve hip number.

Final Call: All athletes report to event starting area.

LONG JUMP/TRIPLE JUMP:

PIT #1 = CLOSEST TO THE FINISH LINE

PIT #2 = CLOSEST TO THE 100m START LINE

Implement Weigh-Ins:

Friday: 11:00 AM – 4:30 PM

Saturday: 8:30 AM – 11:30 AM

In the shed near the 100m start line. Please weigh implements at this time. We can store overnight.

Field Event Progressions:

Women's High Jump: 5 Alive; 1.56m, 1.61m, 1.66m, 1.71m, 1.74m, 1.77m...

Women's Pole Vault: 3.20m, 3.35m, 3.50m, 3.65m, 3.77m, 3.86m, 3.95m...

Men's High Jump: 1.90m, 1.95m, 2.00m, 2.04m, 2.07m, 2.10m....

Men's Pole Vault: 4.15m, 4.30m, 4.45m, 4.50m, 4.65m, 4.80m, 4.90m,...