

**Proposed Schedule for Indoor Championship Meet
(based on number of entries per event in 2009 and 4-lane track)**

11 a.m.	Triple Jump (men, then women) [Long jump would follow] Pole vault (men, then women) Shot Put (women, then men) [High Jump would follow PV or Shot]
12 p.m.	5000 (M) (probably 2 heats)
12:40 p.m.	5000 (W) (2 heats)
1:25 p.m.	DMR (M)
1:40 p.m.	DMR (W)
1:55 p.m.	HH trials (M) (3 heats)
2:10 p.m.	HH trials (W) (4 heats)
2:25 p.m.	Dash trials (M) (5 heats)
2:40 p.m.	Dash trials (W) (4 heats)
2:55 p.m.	4 x 200 (M) (3 heats of 3)
3:10 p.m.	4 x 200 (W) (3 heats of 3)
3:25 p.m.	Mile (M) (2 heats)
3:40 p.m.	Mile (W) (3 heats)
4:05 p.m.	400 (M) (9 heats)
4:35 p.m.	400 (W) (6 heats)
5:00 p.m.	HH finals (M) (2 heats)
5:10 p.m.	HH finals (W) (2 heats)
5:20 p.m.	Dash finals (M) (2 heats)
5:25 p.m.	Dash finals (W) (2 heats)
5:30 p.m.	800 (M) (3 heats)
5:45 p.m.	800 (W) (3 heats)
6:05 p.m.	200 (M) (8 heats)
6:25 p.m.	200 (W) (8 heats)
6:45 p.m.	3000 (M) (3 heats)
7:15 p.m.	3000 (W) (2 heats)
7:40 p.m.	4 x 800 (M)
7:55 p.m.	4 x 800 (W)
8:10 p.m.	4 x 400 (M) (2 heats)
8:20 p.m.	4 x 400 (W) (2 heats)
8:45 p.m.	Team and Outstanding Performer Awards (medals will be distributed 30 minutes following each final)