



2010 Outdoor Track and Field Home Meet Schedules

Florida State University · Mike Long Track

Seminole Invite

Friday, April 9th, 2010

Field Events: Throws

Time	Event	Gender
4:00 PM	Discus	Men/Women
6:00 PM	Javelin	Men/Women

Field Events: Jumps

Time	Event	Gender
4:00 PM	High Jump	Men/Women
7:00 PM	Long Jump	Women
7:00 PM	Long Jump	Men

Running Events

Time	Event	Gender
7:00 PM	3000 Steeple	Women
7:20 PM	3000 Steeple	Men
7:40 PM	5000m	Women
8:10 PM	5000m	Men

Saturday, April 10th, 2010

Field Events: Throws

Time	Event	Gender
10:00 AM	Hammer	Men/Women
4:00 PM	Shot Put	Women
4:00 PM	Shot Put	Men

Field Events: Jumps

Time	Event	Gender
12:00 PM	Triple Jump	Women
12:00 PM	Triple Jump	Men
1:00 PM	Pole Vault	Women
3:00 PM	Pole Vault	Men

Running Events

Time	Event	Gender
1:00 PM	100m Hurdles	Women
1:10 PM	110m Hurdles	Men
1:20 PM	4x100m Relay	Women
1:30 PM	4x100m Relay	Men
1:40 PM	400m	Women
1:55 PM	400m	Men
2:10 PM	100m	Women
2:25 PM	100m	Men
2:40 PM	800m	Women
2:50 PM	800m	Men
3:10 PM	400m Hurdles	Women
3:20 PM	400m Hurdles	Men
3:35 PM	200m	Women
3:45 PM	200m	Men
4:00 PM	1500m	Women
4:15 PM	1500m	Men
4:30 PM	4x400m Relay	Women
4:40 PM	4x400m Relay	Men

Seminole Twilight

Friday, May 7th, 2010

Field Events: Throws

Time	Event	Gender
4:00 PM	Discus	Men/Women
6:00 PM	Javelin	Men/Women

Field Events: Jumps

Time	Event	Gender
4:00 PM	High Jump	Men/Women
7:00 PM	Long Jump	Women
7:00 PM	Long Jump	Men

Running Events

Time	Event	Gender
7:00 PM	3000 Steeple	Women
7:20 PM	3000 Steeple	Men
7:40 PM	5000m	Women
8:10 PM	5000m	Men

Saturday, May 8th, 2010

Field Events: Throws

Time	Event	Gender
12:00 PM	Hammer	Men/Women
4:00 PM	Shot Put	Women
4:00 PM	Shot Put	Men

Field Events: Jumps

Time	Event	Gender
2:00 PM	Triple Jump	Women
2:00 PM	Triple Jump	Men
3:00 PM	Pole Vault	Women
5:00 PM	Pole Vault	Men

Running Events

Time	Event	Gender
5:00 PM	100m Hurdles	Women
5:10 PM	110m Hurdles	Men
5:20 PM	4x100m Relay	Women
5:30 PM	4x100m Relay	Men
5:40 PM	400m	Women
5:55 PM	400m	Men
6:10 PM	100m	Women
6:25 PM	100m	Men
6:40 PM	800m	Women
6:50 PM	800m	Men
7:10 PM	400m Hurdles	Women
7:20 PM	400m Hurdles	Men
7:35 PM	200m	Women
7:45 PM	200m	Men
8:00 PM	1500m	Women
8:15 PM	1500m	Men
8:30 PM	4x400m Relay	Women
8:40 PM	4x400m Relay	Men