



# Meet Schedule (updated 4/6)

## 2010 Seminole Invitational

### Friday, April 9

#### Field

4:00 PM	Discus Throw	Women
4:00 PM	High Jump	Men (Women to follow)
7:00 PM	Javelin Throw	Men (Women to follow)
7:00 PM	Long Jump	Men (Women to follow)

#### Track

7:00 PM	3000m Steeplechase	Women
7:15 PM	3000m Steeplechase	Men
7:30 PM	3000m Run	Women
7:45 PM	3000m Run	Men
7:55 PM	5000m Run	Women
8:20 PM	5000m Run	Men

**NOTES:** The hammer throw will be contested off-site.  
Directions to the cage are available on [seminoles.com](http://seminoles.com) and from meet management.

### Saturday, April 10

#### Field

10:00 AM	Hammer Throw	Men (Women to follow)
12:00 PM	Triple Jump	Men (Women to follow)
1:00 PM	Pole Vault	Men (Women to follow)
2:00 PM	Shot Put	Men
2:00 PM	Shot Put	Women
3:00 PM	Discus Throw	Men

#### Track

1:00 PM	100m Hurdles (P)	Women
1:10 PM	110m Hurdles (P)	Men
1:20 PM	4x100m Relay	Community
1:25 PM	4x100m Relay	Women
1:30 PM	4x100m Relay	Men
1:35 PM	400m Dash	Women
1:40 PM	400m Dash	Men
1:50 PM	100m Hurdles (F)	Women
1:55 PM	110m Hurdles (F)	Men
2:05 PM	100m Dash	Women
2:10 PM	100m Dash	Men
2:20 PM	800m Run	Women
2:25 PM	800m Run	Men
2:35 PM	400m Hurdles	Women
2:40 PM	400m Hurdles	Men
2:50 PM	200m Dash	Women
2:55 PM	200m Dash	Men
3:05 PM	1500m Run	Women
3:20 PM	1500m Run	Men
3:35 PM	4x400m Relay	Women
3:40 PM	4x400m Relay	Men