



Meet Schedule (updated 4/21)

2010 Seminole Twilight

Friday, May 7

Field

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

Track

7:00 PM	3000m Steeplechase	Women
7:20 PM	3000m Steeplechase	Men
7:40 PM	5000m Run	Women
7:45 PM	5000m Run	Men

NOTES:

- 1) The hammer throw will be contested off-site. Directions to the cage are available on seminoles.com and from meet management.
- 2) Dependent on number of entries, both the men's and women's 4x400 meter relays may be removed from the afternoon section, with those teams competing during the elite section.

Saturday, May 8

Field

11:00 AM	Hammer Throw	Men (Women to follow)
1:00 PM	Triple Jump	Men (Women to follow)
2:00 PM	Pole Vault	Men (Women to follow)
3:00 PM	Shot Put	Men (Women to follow)

Track

2:00 PM	100m Hurdles	Women
2:10 PM	110m Hurdles	Men
2:25 PM	4x100m Relay	Women
2:35 PM	4x100m Relay	Men
2:45 PM	1500m Run	Women
3:00 PM	1500m Run	Men
3:15 PM	400m Dash	Women
3:30 PM	400m Dash	Men
3:50 PM	100m Dash	Women
4:05 PM	100m Dash	Men
4:25 PM	400m Hurdles	Women
4:50 PM	400m Hurdles	Men
5:00 PM	800m Run	Women
5:10 PM	800m Run	Men
5:25 PM	200m Dash	Women
5:45 PM	200m Dash	Men
6:05 PM	4x400m Relay	Women
6:15 PM	4x400m Relay	Men

Elite Section

(All field sizes will be limited to 8 participants. Events are subject to removal based on quality of entrants, and affected athletes will be moved into afternoon sections)

Field

6:00 PM	Long Jump	Men
	Triple Jump	Women
	Shot Put	Men
7:00 PM	Pole Vault	Women
	High Jump	Men
	Triple Jump	Men

Track

6:30 PM	100m Dash	Women
6:35 PM	100m Dash	Men
6:40 PM	400m Dash	Women
6:45 PM	400m Dash	Men
6:50 PM	1500m Run	Women
6:58 PM	1500m Run	Men
7:08 PM	400m Hurdles	Women
7:16 PM	400m Hurdles	Men
7:24 PM	200m Dash	Women
7:32 PM	200m Dash	Men
7:40 PM	800m Run	Women
7:48 PM	800m Run	Men
7:56 PM	4x400m Relay	Women
8:04 PM	4x400m Relay	Men