

2010 Indoor Track & Field Championships

Schedule (Revised 2/9/10)

Thursday- February 11

10:00AM – 4:00PM Team Practices

Friday- February 12

7:00AM - 8:00AM Coaches Meeting Mandatory Attendance
(Prince George's Sports Complex)

9:00AM	Men's Heptathlon 60 Meter Dash Men's Heptathlon Long Jump Men's Heptathlon Shot Put Men's Heptathlon High Jump	
9:00AM	Women Shot Put	Final
11:00AM	Women Long Jump (East)	Final
11:00AM	Women High Jump	Final
12:30PM	Men 5000 Meter Run	Final
1:00PM	Women 800 Meter Run	Final
1:15PM	Men 800 Meter Run	Final
1:35PM	Women 60 Meter Hurdles	Prelim
1:55PM	Men 60 Meter Hurdles	Prelim
2:15PM	Women 400 Meter Dash	Prelim
2:30PM	Men 400 Meter Dash	Prelim
2:30PM	Men Pole Vault	Final
2:55PM	Women 60 Meter Dash	Prelim
3:10PM	Men 60 Meter Dash	Prelim
3:30PM	Men Long Jump	Final

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Friday-Schedule Continues

3:35PM	Women 200 Meter Dash	Prelim
3:50PM	Men 200 Meter Dash	Prelim
4:05PM	Women Distance Medley	Final
4:25PM	Men Distance Medley	Final
5:00PM	Women's Weight	Final
6:00PM	Men's Weight	Final

Saturday- February 13

9:00AM	Women Pole Vault	Final
9:00AM	Women's Pentathlon 60 Meter Hurdles Women's Pentathlon High Jump Women's Pentathlon Shot Put Women's Pentathlon Long Jump Women's Pentathlon 800 Meter Run	
9:30AM	Men's Heptathlon 60 Meter Hurdles Men's Heptathlon Pole Vault Men's Heptathlon 1000 Meter Run	
12:45PM	Men Shot Put	Final
12:45PM	Men High Jump	Final
3:05PM	Women Mile Run	Final
3:20PM	Men Mile Run	Final
3:35PM	Women 400 Meter Dash	Final
3:45PM	Men 400 Meter Dash	Final
3:55PM	Women 60 Meter Hurdle	Final

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4:00PM	Women Triple Jump (West)	Final
Saturday-Schedule Continues		
4:00PM	Men Triple Jump (East)	Final
4:05PM	Men 60 Meter Hurdle	Final
4:15PM	Women 60 Meter Dash	Final
4:25PM	Men 60 Meter Dash	Final
4:35PM	Women 200 Meter Dash	Final
4:45PM	Men 200 Meter Dash	Final
4:55PM	Women 3000 Meter Run	Final
5:10PM	Men 3000 Meter Run	Final
5:25PM	Women 1600 Meter Relay	Final
5:40PM	Men 1600 Meter Relay	Final

AWARDS CEREMONY IMMEDIATELY FOLLOWING THE LAST EVENT.