



# USF Open



"TENTATIVE"

Friday March 5, 2010

Track & Field Stadium - Tampa, Florida

## Field Events

<u>Time</u>	<u>Event</u>	<u>W=Women / Men</u>
11:30am	Hammer	(W then M)
2:00pm	Discus	(W then M)
3:00pm	High Jump	(W then M)
3:00pm	Long Jump	(W & M)
Follow Long Jump	Triple Jump	(W & M)
4:00pm	Pole Vault	(W then M)
4:30pm	Javelin	(W then M)
6:00pm	Shot Put	(W then M)

## Running Events

\*\*Rolling Schedule

<u>Time</u>	<u>Event</u>	<u>W=Women / Men</u>
5:00pm	3,000m Steeplechase	(W then M)
	4x100m Relay	(W then M)
	1500m Run	(W then M)
	100m Hurdles	(Women)
	110m Hurdles	(Men)
	400m Dash	(W then M)
	100m Dash	(W then M)
	800m Run	(W then M)
	400m Hurdles	(W then M)
	200m Dash	(W then M)
	3000m Run	(W then M)
	4x400m Relay	(W then M)