



South Florida Invitational



"TENTATIVE"

Friday May 14, 2010

Track & Field Stadium - Tampa, Florida

Field Events

<u>Time</u>	<u>Event</u>	<u>W=Women / Men</u>
2:00pm	Hammer	(W then M)
3:00pm	High Jump	(W then M)
3:00pm	Long Jump	(W & M)
4:00pm	Discus	(W then M)
5:00pm	Pole Vault	(W then M)
5:00pm	Triple Jump	(W then M)
6:30pm	Javelin	Men
6:30pm	Shot	Women
8:00pm	Javelin	Women
8:00pm	Shot Put	Men

Running Events

****Rolling Schedule**

<u>Time</u>	<u>Event</u>	<u>W=Women / Men</u>
6:00pm	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)
	5000m Run	(W then M)
	4x400m Relay	(W then M)

AS OF: 1/22/10