

SCHEDULE

EIU MEGA MEET

January 23, 2010

<u>FIELD</u>	<u>TIME</u>		<u>EVENT</u>
<u>EVENTS</u>	9:00 - 11:00am	women	Long Jump
	follows women	men	
	follows LJ	women	Triple Jump
	follows women	men	
	9:00am	men	Weight Throw
	follows men	women	
	follows WT	men	Shot Put
	follows men	women	
	12:00 noon	men	Pole Vault
	2:30pm	women	
	1:00pm	women	High Jump
	3:00pm	men	

The running event time schedule may be altered due to number of entries.

<u>RUNNING</u> <u>EVENTS</u>	10:30am	women	4 x 800 Relay
	10:45am	men	
	11:00am	women	60 M Hurdles prelims
	11:15am	men	
	11:30am	women	60 M Dash prelims
	11:50am	men	
	12:10pm	women	5K
	12:35pm	SPECIAL PRESENTATION	
	12:40pm	women	Mile
	1:00pm	men	
	1:20pm	women	400 M Dash
	1:40pm	men	

SCHEDULE

EIU MEGA MEET

January 23, 2010

2:00pm	women	600 M Run
2:15pm	men	
2:30pm	men	5K
2:30PM	“BEGIN A RUNNING SCHEDULE”	
	ALL START TIMES ARE APPROXIMATE!!	
2:50pm	men	60 M Hurdles Finals
3:00pm	women	
3:10pm	women	60 M Dash Finals
3:20pm	men	
3:00 – 3:15	<u>All Participants</u>	<u>200M Check in or be scratched!!</u>
3:30pm	women	800 M Run
3:45pm	men	
4:00pm	women	1000 M Run
4:15pm	men	
4:30pm	women	200 M Dash
4:55pm	men	
5:20pm	women	3K
5:40pm	men	
5:55pm	women	Distance Medley
6:10pm	men	
6:25pm	women	4 x 400 Relay
6:35pm	men	
Following the meet	open 3K	Time yourself!