

BULLDOG

TRACK AND FIELD MEET

Saturday April 4, 2009

Event Time Schedule

****Field Events-Weigh in from 9:30am-10:30am at Javelin****

11am	Hammer Throw – Women then Men
11am	Shot Put – Men then Women
*2pm	Javelin – Women then Men
TBA	Discus – Women then Men (to follow men's hammer)
11am	POLE VAULT – WOMEN THEN MEN
11am	LONG JUMP – WOMEN THEN MEN
12pm	HIGH JUMP – WOMEN THEN MEN
TBA	TRIPLE JUMP – (to follow Men's LJ) Women then Men

Running Events (Women precede Men. Fast heats first)

We will NOT run the 10,000m, Women's 3000m or 3000m Steeplechase this year

12pm	400 Meter Relay
	1,500 Meter Run
	100 Meter Hurdles
	110 Meter Hurdles
	400 Meter Dash
	100 Meter Dash
	800 Meter Dash
	400 Meter Intermediate Hurdles
	200 Meter Dash
	5,000 Meters Run (Women/Men)
	1,600 Meters Relay

Rolling Time Schedule