

CYCLONE NATIONAL TRACK & FIELD QUALIFIER

Saturday, March 7, 2009

Final Schedule

FIELD EVENTS

10:30 AM	Weight Throw	Women
10:30 AM	Pole Vault	Women
11:30 AM	Long Jump (East Pit)	Men
11:50 AM	Weight Throw	Men
Following Men	Long Jump (East Pit)	Women
NOON	High Jump	Women
12:45 PM	Pole Vault	Men
1:30 PM	Shot Put	Women
2:00 PM	Triple Jump (East Pit)	Men
2:30 PM	High Jump	Men
3:00 PM	Shot Put	Men
Following Men	Triple Jump (East Pit)	Women

RUNNING EVENTS

(Fastest Heats are the first two Except for the 4x400)

(All Women's events are before Men's except for 5000)

11:25 AM	60 M Hurdles	Women	Prelims
11:35 AM	60 M Hurdles	Men	Prelims
11:45 AM	60 M Dash	Women	Prelims
11:55 PM	60 M Dash	Men	Prelims
12:05 PM	Mile Run	Women	
12:15 PM	Mile Run	Men	
12:30 PM	400 M Dash	Women	
12:40 PM	400 M Dash	Men	
1:00 PM	Distance Medley Relay	Women	
1:20 PM	Distance Medley Relay	Men	
1:40 PM	Masters Race – 200 meters		
1:45 PM	200 M Dash	Women	
1:55 PM	200 M Dash	Men	
2:05 PM	800 M Run	Women	
2:20 PM	800 M Run	Men	
2:35 PM	3,000 M Run	Women	
2:50 PM	3,000 M Run	Men	
3:05 PM	60 M Hurdles	Women	Finals
3:15 PM	60 M Hurdles	Men	Finals
3:25 PM	60 M Dash	Women	Finals
3:35 PM	60 M Dash	Men	Finals
3:45 PM	4 x 400 M Relay	Women	
4:00 PM	4 x 400 M Relay	Men	
4:20 PM	5,000 M Run	Men	
4:40 PM	5,000 M Run	Women	