

# CYCLONE HOLIDAY TRACK AND FIELD PREVIEW

Friday, December 7, 2007

**Revised 11/13 TENTATIVE TIME SCHEDULE**

## FIELD EVENTS

2:00 PM	Weight Throw – Women -----	
App: 3:00	Weight Throw(follows W) – Men -----	
2:45 PM	Pole Vault – Men -----	
App: 4:15	Pole Vault (follows M) – Women -----	
3:30 PM	Long Jump – Women -----	(WEST PIT)
3:30 PM	Long Jump(follows W) – Men -----	(EAST PIT)
3:30 PM	High Jump – Women -----	
App: 4:45	High Jump(follows W) – Men -----	
4:45 PM	Triple Jump – Women -----	(EAST PIT)
6:00 PM	Triple Jump – Men -----	(EAST PIT)
30 Minutes	Shot Put – Women -----	
After Wt.	Shot Put(follows W) – Men -----	

## RUNNING EVENTS

4:00 PM	60 M Hurdles – Women (Prelim) -----
4:15 PM	60 M Hurdles – Men (Prelim) -----
4:25 PM	60 Meter Dash – Women (Prelim) -----
4:30 PM	60 Meter Dash – Men (Prelim) -----
4:50 PM	300 M Dash – Women -----
5:00 PM	300 M Dash – Men -----
5:15 PM	400 M Run – Women -----
5:20 PM	400 M Run – Men -----
5:25 PM	Masters Race – 200 meters
5:30 PM	800 M Run – Women -----
5:35 PM	800 M Run – Men -----
5:45 PM	60 M Hurdles – Women (Final) -----
5:50 PM	60 M Hurdles - Men (Final) -----
5:55 PM	60 M Dash - Women (Final) -----
6:00 PM	60 M Dash - Men (Final) -----
6:05 PM	Mile Run – Women -----
6:15 PM	Mile Run – Men -----
6:25 PM	3,000 M Run – Women -----
6:35 PM	3,000 M Run – Men -----
6:45 PM	4 X 300 M Relay – Women -----
6:50 PM	4 X 300 M Relay – Men -----
6:55 PM	4 x 400 M Relay – Women -----
7:00 PM	4 x 400 M Relay – Men -----

Note: If we get ahead of schedule we will stay ahead of schedule.