

2010 OUTDOOR TRACK & FIELD SCHEDULE

SATURDAY

10:00 a.m.	<u>Decathlon</u> *Men's 100 Meter *Men's Long Jump *Men's Shot Put *Men's High Jump *Men's 400 Meter	
10:30 a.m.	<u>Heptathlon</u> *Women's 100 Meter Hurdles *Women's High Jump *Women's Shot Put *Women's 200 Meter	
2:00 p.m.	Men's 110 Meter Hurdles	Trials
2:10 p.m.	Women's 100 Meter Hurdles	Trials
2:30 p.m.	Men's 400 Meter	Trials
2:40 p.m.	Women's 400 Meter	Trials
2:50 p.m.	Men's 100 Meter	Trials
3:00 p.m.	Women's 100 Meter	Trials
3:20 p.m.	Men's 400 Meter Hurdles	Trials
3:30 p.m.	Women's 400 Meter Hurdles	Trials
3:45 p.m.	Men's 3000 Meter Steeplechase	Finals
4:05 p.m.	Women's 3000 Meter Steeplechase	Finals
4:20 p.m.	Men's 200 Meter	Trials
4:35 p.m.	Women's 200 Meter	Trials
5:50 p.m.	Men's 10,000 Meter	Finals
6:35 p.m.	Women's 10,000 Meter	Finals
11:00 a.m.	Men's Javelin Throw	Finals
12:30 p.m.	Women's Javelin Throw	Finals
1:00 p.m.	Men's Hammer Throw	Finals
1:00 p.m.	Men's Pole Vault	Finals
1:00 p.m.	Men's Long Jump	Finals
3:00 p.m.	Women's Hammer Throw	Finals
3:00 p.m.	Women's Long Jump	Finals
3:30 p.m.	Men's High Jump	Finals
3:30 p.m.	Women's Pole Vault	Finals

***Event will start no sooner than 30 minutes following the conclusion of the previous decathlon/heptathlon event.**

SUNDAY

9:00 a.m. Decathlon
*Men's 110 Meter Hurdles
*Men's Discus Throw
*Men's Pole Vault
*Men's Javelin Throw
*Men's 1500 Meter

9:00 a.m. Heptathlon
*Women's Long Jump
*Women's Javelin Throw
*Women's 800 Meter

11:00 a.m.	Men's 4x100 Meter Relay	Finals
11:10 a.m.	Women's 4x100 Meter Relay	Finals
11:30 a.m.	Men's 1500 Meter	Finals
11:45 a.m.	Women's 1500 Meter	Finals
12:00 p.m.	Men's 400 Meter	Finals
12:05 p.m.	Women's 400 Meter	Finals
12:15 p.m.	Men's 110 Meter Hurdles	Finals
12:25 p.m.	Women's 100 Meter Hurdles	Finals
12:35 p.m.	Men's 800 Meter	Finals
12:45 p.m.	Women's 800 Meter	Finals
12:55 p.m.	Men's 100 Meter	Finals
1:00 p.m.	Women's 100 Meter	Finals
1:10 p.m.	Men's 400 Meter Hurdles	Finals
1:20 p.m.	Women's 400 Meter Hurdles	Finals
1:30 p.m.	Men's 200 Meter	Finals
1:35 p.m.	Women's 200 Meter	Finals
1:45 p.m.	Men's 5000 Meter	Finals
2:05 p.m.	Women's 5000 Meter	Finals
2:30 p.m.	Men's 4x800 Meter Relay	Finals
2:40 p.m.	Women's 4x800 Meter Relay	Finals
2:50 p.m.	Men's 4x400 Meter Relay	Finals
3:00 p.m.	Women's 4x400 Meter Relay	Finals

11:00 a.m.	Men's Triple Jump	Finals
11:00 a.m.	Women's High Jump	Finals
11:30 a.m.	Men's Discus Throw	Finals
11:30 a.m.	Women's Shot Put	Finals
1:00 p.m.	Women's Triple Jump	Finals
1:30 p.m.	Men's Shot Put	Finals
1:30 p.m.	Women's Discus Throw	Finals

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