

2009 MESSIAH INVITATIONAL/COMBINED EVENTS Tentative SCHEDULE OF EVENTS

Thursday, April 16 (lights available)

3:00 women's heptathlon (HH, HJ, S, 400)
3:15 men's decathlon (100, LJ, S, HJ, 400)

Friday, April 17 (lights available)

2:00 men's decathlon (HH, D, PV, J, 1500)
2:30 women's heptathlon (LJ, J, 800)

Saturday, April 18

Track Events: (The track events may run ahead or behind schedule)

10:00 10,000 meter run (M and W)
10:45 5,000 meter run (W)
11:15 400 meter relay (W)
11:25 400 meter relay (M)
11:35 3000 meter steeplechase (W)
12:00 3000 meter steeplechase (M)
NO 110/100 meter hurdles Trials
12:20 100 meter dash (W) Trials
12:30 100 meter dash (M) Trials
12:45 1500 meter run (W)
1:05 1500 meter run (M)
1:25 400 meter dash (W)
1:35 400 meter dash (M)
1:45 100 meter hurdles (W) Final
1:55 110 meter hurdles (M) Final
2:05 100 meter dash (W) Final
2:10 100 meter dash (M) Final
2:15 800 meter run (W)
2:30 800 meter run (M)
2:45 400 meter hurdles (W)
2:55 400 meter hurdles (M)
3:05 200 meter dash (W)
3:15 200 meter dash (M)
3:30 5000 meter run (M)
3:50 1600 meter relay (W)
4:00 1600 meter relay (M)
4:10 3200 meter relay (W)
4:20 3200 meter relay (M)

Field Events

10:00 Hammer (M-W)
10:00 Javelin (W-M)
10:30 Triple Jump (M-W)
10:30 Long Jump (W-M)
10:30 Pole Vault (W-M)
11:00 Shot Put (M-W)
11:45 High Jump (W-M)
@1:00 Discus (M-W) following hammer event