

2010 SPC INVITATIONAL – REVISED AS OF 5/7/10

Meet Schedule

Saturday, May 8, 2010

Field Events

12:00 P.M. JAV (**W/M Combined**), Hammer (**M/W Combined**)

1:30 P.M. LJ (M), PV (M)

*3:00 P.M. LJ (W), HJ (W), DT (**M/W Combined**)

4:30 P.M. TJ (M), PV (W)

*6:00 P.M. TJ (W), HJ (M), SP (**M/W Combined**)

Running Events

*12:00 P.M. 10K (**W/M Combined**)

*2:00 P.M. 4x800m (**W Only**)

4:00 P.M. 4x100m (W/M)

4:10 P.M. 1500m (W/M)

4:30 P.M. 100/110H (W/M)

4:45 P.M. 400m (W/M)

5:00 P.M. 100m (W/M)

5:15 P.M. 800m (W/M)

5:35 P.M. 400H (W/M)

5:55 P.M. 200m (W/M)

*6:10 P.M. 5000m (**W/M Combined**)

*6:40 P.M. 3000m ST (**W Only**)

*7:00 P.M. 4x400m (W/M)

*** Denotes Change to Previous Schedule**

**^ To Ensure Adequate Rest, We Will Stick to the Time Schedule Above
WE WILL NOT GET AHEAD OF SCHEDULE.**

^ Javelin, Hammer, Discus, and Shot WILL BE COMBINED!