

# **2010 SPC INVITATIONAL – REVISED AS OF 4/28/10**

## **Meet Schedule**

**Saturday, May 8, 2010**

### **Field Events**

12:00 P.M. JAV (W/M), Hammer (M/W) **Men & Women Combined!**

1:30 P.M. L J (M), PV (M), DT (W)

3:00 P.M. L J (W), HJ (W), DT (M)

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

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

### **Running Events**

12:00 P.M. 10K (Combined) – **Will only run if we have enough athletes enter**

2:00 P.M. 4x800m (W,M)

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)

6:55 P.M. 3000m ST (W,M)

7:30 P.M. 4x400m (W,M)

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

**\* Javelin and Hammer WILL BE COMBINED!**

**\* We will not run the 10k if we only have a few entries, but we will run if we have several entries from schools that want to contest the event.**