

MARIETTA COLLEGE

DON FRAIL INVITATIONAL – SATURDAY, APRIL 4, 2009 - EVENT SCHEDULE

10:00 AM	STADIUM OPENS
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*times in () are approximate as we will roll the events both track and field.

FIELD EVENT SCHEDULE:

12:00 PM HAMMER THROW (WOMEN THEN MEN) *4 throws*
12:00 PM JAVELIN (MEN THEN WOMEN) *4 throws*
12:00 PM HIGH JUMP (WOMEN THEN MEN)
12:00 PM LONG JUMP (MEN THEN WOMEN) *4 jumps – 45 min. open pit*
12:00 PM POLE VAULT (WOMEN THEN MEN)

(2:30 PM) TRIPLE JUMP (MEN THEN WOMEN) *4 jumps – 45 min. open pit*

(3:00 PM) DISCUS (WOMEN THEN MEN) *4 throws*
(3:00 PM) SHOT PUT (MEN THEN WOMEN) *4 throws*

RUNNING EVENT SCHEDULE:

2:00PM	NATIONAL ANTHEM
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2:05 PM 3,000m STEEPLECHASE (WOMEN THEN MEN IN ALL RUNNING EVENTS)
(2:35 PM) 4 X 100m RELAY
(2:50 PM) 1500m RUN
(3:05 PM) 100/110m HIGH HURDLES
(3:20 PM) 400m DASH
(3:35 PM) 100m DASH
(3:50 PM) 800m RUN
(4:00 PM) 400m HURDLES
(4:15 PM) 200m DASH
(4:40 PM) 5000m RUN **may combine men and women*
(5:25 PM) 4X400M RELAY
(5:40 PM) **Approximate Conclusion**

1. All athletes should report to the clerk 10 minutes prior to the start of their event. Field events check in at venue, running events check in at start line.
2. Faster sections will be run last in running events.
3. Starting heights will be:

	<u>PV</u>	<u>HJ</u>
Women	7-06.00 (2.29m)	4-06.25 (1.38m)
Men	11-00.25 (3.36m)	5-06.50 (1.69m)