

2010 National Junior College Indoor Track & Field Championships

Hosted by: Eastern Illinois University
March 5-6, 2010

SCHEDULE OF EVENTS

FRIDAY MARCH 5, 2010

APPROXIMATE TIME SCHEDULE (30 minutes break following each event)

COMB. EVENTS	MEN	WOMEN
8-8:30am	Weigh-in	Weigh-in
9:00am-----		60m Hurdles
9:30am	60m Dash	
9:45am-----		High Jump
10:10am	Long Jump	
11:30am	Shot Put	
12:30pm-----		Shot Put
1:00pm	High Jump	
1:45pm-----		Long Jump
3:10pm-----		800M
<u>FIELD EVENTS</u>	Men	Women
2:00-2:30pm	Weigh-in	Weigh-in
3:00pm	SHOT PUT FINALS	
3:30pm-----		POLE VAULT FINALS
4:00pm	LONG JUMP FINALS	
5:30pm-----		SHOT PUT FINALS
6:00pm-----		LONG JUMP FINALS
7:00pm	POLE VAULT FINALS	
7:30pm-----		LONG JUMP FINALS
<u>RUNNING EVENTS</u>	Men	Women
4:00pm	DISTANCE MEDLEY FINALS	
4:15pm-----		DISTANCE MEDLEY FINALS
4:35pm	5,000m RUN FINALS	
5:00pm-----		5,000m RUN FINALS
5:25pm	60m Hurdles semis	
5:40pm-----		60m Hurdles semis
5:55pm	600m Run semis	
6:10pm-----		600m Run semis
6:25pm	60m Dash semis	
6:40pm-----		60m Dash semis
6:55pm	400m Dash semis	
7:15pm-----		400m Dash semis
7:35pm	800m Run semis	
7:50pm-----		800m Run semis
8:10pm	200m Dash semis	
8:30pm-----		200m Dash semis
8:50pm	3,000m RUN FINALS	
9:10pm-----		3,000m RUN FINALS
9:30pm	1,000m run semis	
9:45pm-----		1,000m Run semis

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SATURDAY MARCH 6, 2010

APPROXIMATE TIME SCHEDULE (30 minutes break following each event)

COMB. EVENTS

MEN

9:00am 60m Hurdles
9:45am Pole Vault
1:15am 1000m run

FIELD EVENTS

Men

8:00-8:30 Weigh-in implements
9:00am WEIGHT THROW FINALS
10:00am-----
11:00am TRIPLE JUMP FINALS
11:00am-----
1:00pm HIGH JUMP FINALS
1:00pm-----

Women

8:00-8:30 Weigh-in implements
HIGH JUMP FINALS
WEIGHT THROW FINALS
TRIPLE JUMP FINALS

RUNNING EVENTS

Men

12:30pm 4 x 800 Relay FINALS
12:45pm-----
1:05pm 60m Hurdles FINALS
1:15pm-----
1:25pm MILE RUN FINALS
1:40pm-----
1:55pm 600m RUN FINALS
2:05pm-----
2:15pm 60m DASH FINALS
2:25pm-----
2:35pm 400m DASH FINALS
2:45pm-----
2:55pm 800m RUN FINALS
3:05pm-----
3:15pm 200m DASH FINALS
3:25pm-----
3:35pm 1,000m RUN FINALS
3:15pm-----
3:55pm 4 x 400 RELAY FINALS
4:05pm-----
4:30pm **AWARDS CEREMONY**

Women

4 x 800 Relay FINALS
60m Hurdles FINALS
MILE RUN FINALS
600m RUN FINAL
60m DASH FINALS
400m DASH FINALS
800m RUN FINALS
200m DASH FINALS
1,000m RUN FINALS
4 x 400 RELAY FINALS