

ALL-OHIO TRACK AND FIELD CHAMPIONSHIPS

CINCINNATI, OH --- APRIL 11-12, 2014

****FINAL TIME SCHEDULE****

Friday, April 11, 2014

12:00 DECATHLON (M) (100, LJ, SP, HJ, 400) (10)
12:30 HEPTATHLON (W) (100 H, HJ, SP, 200) (23)
12:00 HAMMER (M)
3:00 POLE VAULT (M)
3:00 LONG JUMP (W)
3:00 HAMMER (W)
5:00 LONG JUMP (M)
5:30 3,000 STEEPLECHASE (W) (1)
5:42 3,000 STEEPLECHASE (M) (1)
6:05 10,000 M. (W) (1)
6:45 10,000 M. (M) (1)

Saturday, April 12, 2014

9:00 DECATHLON (M) (110H, D, PV, Jav, 1500)
10:00 HEPTATHLON (W) (LJ, Jav, 800)

10:00 JAVELIN (M)
11:00 DISCUS (M)
11:00 SHOT PUT (W)
11:00 HIGH JUMP (W)
1:00 JAVELIN (W)
1:00 TRIPLE JUMP (W)
1:00 TRIPLE JUMP (M)
1:30 DISCUS (W)
1:30 POLE VAULT (W)
1:30 SHOT PUT (M)
2:30 HIGH JUMP (M)

12:00 SENIOR FAREWELL
12:25 NATIONAL ANTHEM
12:30 5,000 M. (W) (1)
1:00 4 X 100 RELAY (W) (2)
1:10 4 X 100 RELAY (M) (2)
1:20 1,500 M. (W) (3)
1:48 1,500 M. (M) (3)
2:10 110 M. HURDLES (M) (2) Men 1st
2:20 100 M. HURDLES (W) (3)
2:32 400 M. (W) (5)
2:47 400 M. (M) (4)
3:00 100 M. (W) (5)
3:15 100 M. (M) (4)
3:27 800 M. (W) (4)
3:41 800 M. (M) (3)
4:00 400 M. HURDLES (W) (3) Women 1st
4:14 400 M. HURDLES (M) (3)
4:23 200 M. (W) (6)
4:41 200 M. (M) (5)
4:55 5,000 M. (M) (2)
5:35 4 X 400 RELAY (W) (2)
5:45 4 X 400 RELAY (M) (1)

Multi Event Schedule

Decathlon

Day 1

12:00pm 100 Meters
est 12:35pm Long Jump
est 1:35pm Shot Put
est 2:35pm High Jump
est 4:05pm 400 Meters

Day 2

9:00am 110 Hurdles
est 9:45am Discus
est 10:45am Pole Vault
Short Break
2:00pm Report to Coy Field
(Decathlon javelin will immediately follow women's open javelin)
est 4:00pm 1500 Meters

Heptathlon

Day 1

12:30pm 100 Hurdles
est 1:15pm High Jump (2 pits)
est 2:45pm Shot Put
est 4:15pm 200 Meters

Day 2

10:00am Long Jump (2 pits)
est 11:30am Javelin (Coy Field)
est 1:30pm 800 Meters