

Iowa State Track & Field Classic

February 11-13, 2010
Tentative Time Schedule

Thursday, February 11th – Heptathlon/Pentathlon Only – All times are approximate

12:30 PM	60 Meter Hurdles	(W)	Pentathlon
12:45 PM	60 Meter Dash	(M)	Heptathlon
1:15 PM	High Jump	(W)	Pentathlon
1:25 PM	Long Jump	(M)	Heptathlon
2:45 PM	Shot Put	(M)	Heptathlon
3:20 PM	Shot Put	(W)	Pentathlon
3:45 PM	High Jump	(M)	Heptathlon
4:15 PM	Long Jump	(W)	Pentathlon
5:15 PM	800 Meter Run	(W)	Pentathlon

Friday, February 12th – Heptathlon/Pentathlon – All times are approximate

9:00 AM	60 Meter Hurdles	(M)	Heptathlon
9:45 AM	Pole Vault	(M)	Heptathlon
12:00 PM	1,000 Meter Run	(M)	Heptathlon

FIELD EVENTS – All events should be on time

1:30 PM	Pole Vault	(W)	Non-Seeded
1:30 PM	Weight Throw	(W)	
2:00 PM	Long Jump	(W)	West Pit
2:00 PM	High Jump	(W)	Non-seeded
2:00 PM	Long Jump	(M)	East Pit
5:00 PM	Weight Throw	(M)	
5:00 PM	High Jump	(M)	Non-Seeded
5:00 PM	Pole Vault	(W)	Seeded

RUNNING EVENTS – All running events are run fast section first except as noted

Times are approximate - a rolling schedule will be implemented after the first event

3:00 PM	Distance Medley Relay	(W)	
3:15 PM	Distance Medley Relay	(M)	
3:30 PM	5,000 meter run	(W)	Non-Seeded
4:10 PM	5,000 meter run	(M)	Non-Seeded
4:50 PM	200 meter dash	(W)	Final
5:40 PM	200 meter dash	(M)	Final
6:30 PM	3,000 meter run	(W)	Non-Seeded
7:20 PM	3,000 meter run	(M)	Non-Seeded

Saturday, February 13th

Morning Session - All running events are run fast section first except as noted

Times are approximate - a rolling schedule will be implemented after the first event

9:30 AM	Mile run	(W)	Non-Seeded
9:50 AM	Mile run	(M)	Non-Seeded
10:10 AM	800 meter run	(W)	Non-Seeded
10:25 AM	800 meter run	(M)	Non-Seeded
10:40 AM	400 meter dash	(W)	Non-Seeded
11:10 AM	400 meter dash	(M)	Non-Seeded
11:20 AM	60 meter Hurdles	(M)	Prelims
11:50 PM	60 meter Hurdles	(W)	Prelims
12:05 PM	60 meter dash	(W)	Prelims
12:25 PM	60 meter dash	(M)	Prelims

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Saturday February 11-13, 2010

Tentative Time Schedule

Saturday, February 13th

Afternoon Session

FIELD EVENTS – All events should be on time

10:00 AM	Shot Put	(W)	
10:00 AM	Pole Vault	(M)	Non-Seeded
11:00 AM	Triple Jump	(W)	
12:30 PM	High Jump	(W)	Seeded
2:00 PM	Pole Vault	(M)	Seeded
2:30 PM	High Jump	(M)	Seeded
	Triple Jump	(M)	
3:00 PM	Shot Put	(M)	

RUNNING EVENTS - All running events are run fast section first except as noted

Times are approximate - a rolling schedule will be implemented after the first event

1:00 PM	600 yard dash	(W)	
1:20 PM	600 yard dash	(M)	
1:40 PM	Mile run	(W)	Seeded
2:00 PM	Mile run	(M)	Seeded
2:15 PM	5,000 meter run	(W)	Seeded
2:55 PM	5,000 meter run	(M)	Seeded
3:30 PM	60 meter Hurdles	(W)	Final
3:40 PM	60 meter Hurdles	(M)	Final
3:45 PM	Masters Race		
3:50 PM	400 meter dash	(W)	
4:20 PM	400 meter dash	(M)	
4:50 PM	60 Meter Dash	(W)	Final
4:55 PM	60 Meter Dash	(M)	Final
5:00 PM	800 meter run	(W)	
5:15 PM	800 meter run	(M)	
5:30 PM	3,000 meter run	(W)	Seeded
6:00 PM	3,000 meter run	(M)	Seeded
6:30 PM	4 x 400 meter relay	(W)	
7:00 PM	4 x 400 meter relay	(M)	