

**2009 Holiday Inn Invitational**  
 Indoor Track & Field Meet  
 Bob Devaney Sports Center – Lincoln, Nebraska  
**Friday & Saturday, January 16<sup>th</sup> and 17<sup>th</sup>, 2009**

Schedule of Events

**REVISED 1/14/09**

**Friday, January 16<sup>th</sup>**

\*An athlete may run only one race of 800 Meters or longer on Friday.

\*\* If field event entries are low, seeded and unseeded sections may be combined.

4:00 pm	Weight Throw	M	seeded
- to follow	Weight Throw	W	seeded
4:00 pm	High Jump	M	(unseeded)
- to follow	High Jump	W	(unseeded)
4:00 pm	Long Jump	M	(unseeded)
- to follow	Long Jump	M	seeded
4:00 pm	Long Jump	W	(unseeded)
- to follow	Long Jump	W	seeded
4:00 pm	Pole Vault	M	(unseeded)
4:30 pm	60 Meter Hurdles Prelims	W	5 heats
5:00 pm	60 Meter Hurdles Prelims	M	5 heats
5:30 pm	60 Meter Dash Prelims	W	6 heats
5:58 pm	60 Meter Dash Prelims	M	8 heats
6:35 pm	800 Meter Run	W	3 heats
7:00 pm	800 Meter Run	M	5 heats
7:20 pm	1000 Meter Run	W	2 heats
7:30 pm	1000 Meter Run	M	2 heats
7:36 pm	Mile Run	W	2 heats
7:50 pm	Mile Run	M	4 heats
8:20 pm	3000 Meter Run	W	2 heats
8:50 pm	3000 Meter Run	M	2 heats
9:15 pm	5000 Meter Run	W	1 heats
9:40 pm	5000 Meter Run	M	2 heats

**Saturday, January 17<sup>th</sup>**

12:00 pm	Pole Vault	W	seeded
- to follow	Pole Vault	M	seeded
12:00 pm	Shot Put	W	seeded
- to follow	Shot Put	M	seeded
12:00 pm	Triple Jump	W	seeded
- to follow	Triple Jump	M	seeded
1:00 pm	High Jump	W	seeded
- to follow	High Jump	M	seeded
12:00 pm	60 Meter Hurdles Final	W	(2 sections)
12:15 pm	60 Meter Hurdles Final	M	(2 sections)
12:30 pm	60 Meter Dash Final	W	(2 sections)
12:36 pm	60 Meter Dash Final	M	(2 sections)

12:55 pm	400 Meter Dash	W	6 heats
1:20 pm	400 Meter Dash	M	9 heats
1:55 pm	600 Yard Run	W	7 heats
2:25 pm	600 Yard Run	M	7 heats
2:50 pm	200 Meter Dash	W	9 heats
3:25 pm	200 Meter Dash	M	10 heats
4:05 pm	Distance Medley Relay	W	1 heats
4:20 pm	Distance Medley Relay	M	2 heats
4:45 pm	4 x 400 Meter Relay	W	4 heats
5:10 pm	4 x 400 Meter Relay	M	5 heats