

**HASTINGS COLLEGE
BRONCO RELAYS
MARCH 28, 2009**

ORDER OF EVENTS

10:00 AM – MEN’S AND WOMEN’S 10000 (COMBINED)

ROLLING TIME SCHEDULE (WOMEN FOLLOWED BY MEN)

100M/110M HIGH HURDLE PRELIMS

100 DASH PRELIMS

3000METER STEEPLECHASE

400M RELAY

1500M RUN

110M HURDLE FINALS

100M HURDLE FINALS

100M DASH FINALS

400M DASH

800M RUN

400M HURDLES

200M DASH

5000M RUN

4x800m relay

1600M RELAY

FIELD EVENTS:

10:00 AM WOMEN’S POLE VAULT (FOLLOWED BY MENS)

10:00 AM WOMEN’S LONG JUMP & MEN’S LONG JUMP/ (TRIPLE JUMP TO FOLLOW)

10:00 AM – HIGH JUMP (WOMEN’S) (MEN’S TO FOLLOW)

9:00 A.M. WOMEN’S JAVELIN (AT HC TRACK) FOLLOWED BY MENS

10:00 A.M. –

WOMEN’S HAMMER THROW (FOLLOWED BY MEN’S at about 11:30)

1:00 PM – Men’s Shot Put

1:00 PM – Women’s Discus

2:30 PM – Women’s Shot Put

2:30 PM – Men’s Discus