

2010 MEYO INVITATIONAL FINAL REVISED SCHEDULE

Friday, February 5

5:00	PM	Long Jump	Women – Men to Follow
5:30	PM	20 lb / 35 lb Weight Throw	Women - Men to Follow
6:00	PM	Men's Pole Vault	
7:00	PM	Women's High Jump	
6:00	PM	Women's 5000 Meter Run	
6:40	PM	Men's 5000 Meter Run	
7:15	PM	Women's Distance Medley Relay	
7:30	PM	Men's Distance Medley Relay	
7:50	PM	Women's 300 Meter Dash	
8:15	PM	Men's 300 Meter Dash	
8:40	PM	Women's 1000 Meter Run	
8:55	PM	Men's 1000 Meter Run	
9:10	PM	Women's 500 Meter Run	
9:30	PM	Men's 500 Meter Run	

Saturday, February 6 **Morning Session – Unseeded Sections in Running Events**

9:00	AM	Women's 3000 Meter Run	Sections 1-2
9:30	AM	Men's 3000 Meter Run	Section 1
9:50	AM	Women's 60 Meter Hurdles (10 Heats)	Trials Top 12 times to 2 section final
10:15	AM	Men's 60 Meter Hurdles (7 Heats)	Trials Top 12 times to 2 section final
10:35	AM	Women's 60 Meter Dash (11 Heats)	Trials Top 12 times to 2 section final
11:00	AM	Men's 60 Meter Dash (9 Heats)	Trials Top 12 times to 2 section final
11:00	AM	Men's Triple Jump	
11:00	AM	Women's Pole Vault	
11:00	AM	Shot Put	Women – Men to follow
11:25	AM	Women's Mile Run	Sections 1-3
11:50	PM	Men's Mile Run	Sections 1-3
12:10	PM	Women's 400 Meter Dash	Sections 1-10
12:40	PM	Men's 400 Meter Dash	Sections 1-10
1:10	PM	Women's 800 Meter Run	Sections 1-5
1:35	PM	Men's 800 Meter Run	Sections 1-5
1:55	PM	Women's 200 Meter Dash	Sections 1-10
2:25	PM	Men's 200 Meter Dash	Sections 1-7

Afternoon Session – Invitational Sections in Running Events

1:00	PM	Men's High Jump	
2:00	PM	Women's Triple Jump	
3:00	PM	Meyo Men's Mile	
3:10	PM	Women's Mile	Section 4
3:20	PM	Women's 60 Meter Hurdles Final	
3:25	PM	Men's 60 Meter Hurdles Final	
3:30	PM	Women's 60 Meter Dash Final	
3:35	PM	Men's 60 Meter Dash Final	
3:40	PM.	Women's 400 Meter Dash	Sections 11-12
3:45	PM	Men's 400 Meter Dash	Sections 11-12
3:50	PM	Women's 800 Meter Run	Sections 6-7
4:00	PM	Men's 800 Meter Run	Sections 6-7
4:10	PM	Women's 200 Meter Dash	Sections 11-12
4:15	PM	Men's 200 Meter Dash	Sections 8-9
4:20	PM	Women's 3000 Meter Run	Section 3
4:35	PM.	Ryan Shay Men's 3000 Meter Run	Section 2
4:50	PM	Women's 4 x 400 Meter Relay	
5:15	PM	Men's 4 x 400 Meter Relay	