



**Cross Country/Track & Field**

**UMES COACH O COLLEGIATE  
INDOOR  
TRACK & FIELD INVITATIONAL SCHEDULE**

**Saturday, January 7<sup>th</sup>, 2017**

<b>START</b>			<b>FIELD EVENTS</b>
10:00 A.M.	WOMEN		WEIGHT THROW
	MEN	FOLLOW	WEIGHT THROW
10:00 A.M.	WOMEN		POLE VAULT (START HGHT-2.70.M)
	MEN	FOLLOW	POLE VAULT (START HGHT 3.90 M)
11:30 A.M.	WOMEN		SHOT PUT
	MEN	FOLLOW	SHOT PUT
11:30 A.M.	WOMEN		LONG JUMP
	MEN	FOLLOW	LONG JUMP
1:00 P.M.	WOMEN		HIGH JUMP
	MEN	FOLLOW	HIGH JUMP
1:00 P.M.	WOMEN		TRIPLE JUMP
	MEN	FOLLOW	TRIPLE JUMP
<b>START</b>			<b>FIELD EVENTS</b>
11:30 A.M.	WOMEN		DISTANCE MEDLEY RELAY
	MEN		DISTANCE MEDLEY RELAY
	WOMEN		60 M HURDLES FINALS ON TIME
	MEN		60 M HURDLES FINALS ON TIME
	WOMEN		60 M DASH FINALS ON TIME
	MEN		60 M DASH FINALS ON TIME
	WOMEN		1 MILE RUN
	MEN		1 MILE RUN
	WOMEN		400 M DASH
	MEN		400 M DASH
	WOMEN		500 M RUN
	MEN		500 M RUN
	WOMEN		800 M RUN
	MEN		800 M RUN
	WOMEN		200 M DASH
	MEN		200 M DASH
	WOMEN		3000 M RUN
	MEN		3000 M RUN
	WOMEN		4 x 400 RELAY (2 SECTIONS)
	MEN		4 x 400 REALYS (2 SECTIONS)

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[www.easternshorehawks.com](http://www.easternshorehawks.com)

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