

2008 Charlotte 49er Classic & Combined Events

Irwin Belk Track & Field Center

FINAL SCHEDULE

49er Classic Combined Events

Thursday, March 20, 2008

11:00 a.m. Heptathlon
11:45 a.m. Decathlon

Friday, March 21, 2008

9:00 a.m. Decathlon
10:00 a.m. Heptathlon

49er Classic

Friday, March 21, 2008

Field Events

| | | |
|-----------|---------------|-------|
| Noon | Hammer Throw | Women |
| 2:00 p.m. | Long Jump | Men |
| 2:30 p.m. | Pole Vault | Women |
| 2:30 p.m. | Javelin Throw | Men |
| 3:15 p.m. | Hammer Throw | Men |
| 5:15 p.m. | Long Jump | Women |
| 5:30 p.m. | Discus | Women |

Running Events

| | | |
|-----------|------------------------------|-------|
| 2:00 p.m. | 100m Hurdle Prelims | Women |
| 2:30 p.m. | 110m Hurdle Prelims | Men |
| 2:50 p.m. | 100m Dash Prelims | Women |
| 3:15 p.m. | 100m Dash Prelims | Men |
| 3:50 p.m. | 400m Dash Prelims | Women |
| 4:30 p.m. | 400m Dash Prelims | Men |
| 5:20 p.m. | 400m Hurdle Prelims | Women |
| 5:45 p.m. | 400m Hurdle Prelims | Men |
| 6:10 p.m. | 200m Dash Prelims | Women |
| 6:50 p.m. | 200m Dash Prelims | Men |
| 7:30 p.m. | 1500m Run (Sections vs Time) | Women |
| 8:05 p.m. | 1500m Run (Sections vs Time) | Men |
| 8:40 p.m. | 5000m Run Final | Women |
| 9:10 p.m. | 5000m Run Final | Men |

Bar Progressions

Women's Pole Vault – 2.45, 2.75, 2.90, 3.05, 3.20, 3.35, 3.50, 3.65, 3.75, 3.85 continue up 10cm...

Women's High Jump – 1.50, 1.55, 1.60 continue up 5cm

Men's Pole Vault – 3.70, 4.00, 4.15 continue up 15cm

Men's High Jump – 1.80, 1.85, 1.90 continue up 5cm

Saturday, March 22, 2008

Field Events

| | | |
|------------|---------------|-------|
| 10:00 a.m. | Shot Put | Men |
| 10:00 a.m. | Javelin Throw | Women |
| 11:00 a.m. | Triple Jump | Men |
| Noon | Pole Vault | Men |
| Noon | High Jump | Men |
| 1:00 p.m. | Discus | Men |
| 1:15 p.m. | Shot Put | Women |
| 1:45 p.m. | Triple Jump | Women |
| 2:15 p.m. | High Jump | Women |

Running Events

| | | |
|------------|------------------------------|-------|
| 10:15 a.m. | 2000m Steeplechase | Men |
| 10:30 a.m. | 2000m Steeplechase | Women |
| 11:00 a.m. | 4x100m (Sections vs Time) | Women |
| 11:15 a.m. | 4x100m (Sections vs Time) | Men |
| 11:35 a.m. | 3000m Steeplechase | Women |
| 11:55 a.m. | 3000m Steeplechase | Men |
| 12:25 p.m. | 100m Hurdle Final | Women |
| 12:35 p.m. | 110m Hurdle Final | Men |
| 12:45 p.m. | 400m Dash Final | Women |
| 12:50 p.m. | 400m Dash Final | Men |
| 1:00 p.m. | 100m Dash Final | Women |
| 1:05 p.m. | 100m Dash Final | Men |
| 1:15 p.m. | 800m Run (Sections vs Time) | Women |
| 1:45 p.m. | 800m Run (Sections vs Time) | Men |
| 2:10 p.m. | 400m Hurdle Final | Women |
| 2:20 p.m. | 400m Hurdle Final | Men |
| 2:30 p.m. | 200m Dash Final | Women |
| 2:35 p.m. | 200m Dash Final | Men |
| 2:45 p.m. | 3000m Run (Sections vs Time) | Women |
| 3:00 p.m. | 3000m Run (Sections vs Time) | Men |
| 3:30 p.m. | 4x400m (Sections vs Time) | Women |
| 4:00 p.m. | 4x400m (Sections vs Time) | Men |

Weigh In

Will be done in association with the check-in of each throwing event at the equipment room at the north end of the mid-level stands (Note: Weigh hammers before exiting stadium for cage to warm up).

Finals

If you qualify for a final on Saturday but do not intend to compete please notify the clerk as soon as possible.