

FRED HARDY INVITATIONAL
by DeLuca Gelato
FINAL SCHEDULE OF EVENTS
March 27-28, 2009
Sports Backers Track & Field Facility
Richmond, Va.

Friday, March 27

Track Events

3:00 p.m.	400M Hurdles	Women
3:10	400M Hurdles	Men
3:25	5,000M	Women
3:50	5,000M	Men
4:10	3K Steeple	Men
4:25	4X800M	Women
4:35	4X800M	Men
4:45	10,000M	Women/Men Combined

Field Events

1:30 p.m.	Hammer	Men followed by Women
1:30	Pole Vault	Women followed by Men (North Runway)
2:00	Shot Put	Women followed by Men
2:15	Long Jump	Women followed by Men (East Pit)
3:15	High Jump	Women

Saturday, March 28

Track Events

11:00 a.m.	100M Hurdles	Women
11:10	110M Hurdles	Men
11:25	1,500M	Women
11:35	1,500M	Men
11:55	100M	Women
12:05 p.m.	100M	Men
12:20	400M	Women
12:35	400M	Men
12:50	4X100M Relay	Women
01:00	4X100M Relay	Men
01:05	800M	Women
01:20	800M	Men
01:35	200M	Women
01:50	200M	Men
02:05	3,000M	Women
02:20	3,000M	Men
02:40	4X400M	Women
02:50	4X400M	Men

Field Events

9:00 a.m.	Discus	Men
10:00	Javelin	Women
10:00	Triple Jump	Women followed by Men (East Pit)
10:15	High Jump	Men
12:00 p.m.	Javelin	Men
12:30	Discus	Women

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