

**2009 Stanford Track & Field Invitational Tentative Schedule of Events**

**Friday, March 27, 2009**

**Friday Running Events**

Time	Events	Section/Advancement Procedure	NCAA Regional Qualifying Mark	NCAA Automatic Qualifying Mark
11:00am	M - 5000m	#4	14:12.00 FAT	
11:18am	W- 5000m	#4	16:52.00 FAT	
11:45am	W- 100m Prelims	Prelims: 4 Races, Top 9 to Final	13.92 FAT	
12:06pm	M- 110mH Prelims	Prelims: 4 Races, Top 9 to Final	14.30 FAT	
12:27pm	W- 100m Prelims	Prelims: 4 races, Top 9 to Final	11.75 FAT	
12:40pm	W- 100m Prelims	Prelims: 5 races, Top 9 to Final	10.55 FAT	
1:05pm	W- 1500m	#4 and #5	4:27.80 FAT	
1:17pm	M- 1500m	#4 and #5	3:47.80 FAT	
1:26pm	W- 100m	FINAL	11.75 FAT	
1:31pm	M- 100m	FINAL	10.55 FAT	
1:35pm	G - 3000m	2 races		
2:01pm	B- 3000m	2 races		
2:25pm	G- 400mH	4 races		
2:36pm	W- 400mH	3 races	1:00.82 FAT	
2:50pm	B- 400mH	4 races		
3:05pm	M- 400mH	4 races	52.51 FAT	
3:23pm	G- Distance Medley Relay	2 races		
3:55pm	B- Distance Medley Relay	2 races		
4:30pm	W - 400M	5 races	54.61 FAT	
4:45pm	M - 400M	5 races	47.20 FAT	
5:00pm	Break			
5:30pm	W - 3000m Steeple	#2	10:50.25 FAT	
5:45pm	W - 3000m Steeple	#1	10:50.25 FAT	
5:50pm	M - 3000m Steeple	#2	9:07.00 FAT	
6:12pm	M - 3000m Steeple	#1	9:07.00 FAT	
6:25pm	W - 1500m	#3	4:27.80 FAT	
6:32pm	W - 1500m	#1	4:27.80 FAT	
6:30pm	M - 1500m	#2	4:27.80 FAT	
6:46pm	M - 1500m	#3	3:47.80 FAT	
6:52pm	M - 1500m	#2	3:47.80 FAT	
6:56pm	M - 1500m	#1	3:47.80 FAT	
7:07pm	W - 5000m	#3	16:52.00 FAT	
7:27pm	W - 5000m	#2	16:52.00 FAT	
7:47pm	M - 5000m	#3	14:12.00 FAT	
8:05pm	M - 5000m	#2	14:12.00 FAT	
8:23pm	W - 5000m	#1	16:52.00 FAT	
8:42pm	M - 5000m	#1	14:12.00 FAT	
8:56pm	W- 10000m	#1	35:00.00 PRO	33:30.00 AUT
9:06pm	M- 10000m	#1	29:30.00 PRO	28:45.00 AUT
10:10pm	W - 10000m	#2	35:00.00 PRO	33:30.00 AUT
10:48pm	M - 10000m	#2	29:30.00 PRO	28:45.00 AUT

**Friday Field Events**

Time	Event	NCAA Regional Qualifying Mark	Minimum Measurements
9:00AM	M- Javelin Collegiate	1 Flight 4 Throws	61.60 m
10:30AM	M- Javelin Invitational	1 Flight of 14, Top 9 to Final	61.60 m
10:30AM	W- Shot Put Invitational (Ring 1)	1 flight of 14, Top 9 to Final	14.30 m
10:30AM	W- Shot Put Collegiate (Ring 2)	1 flight of 14, ONLY 4 Throws Each	14.30 m
11:30AM	M- Long Jump Invitational	1 Flight of 12, Top 9 to Final	7.34 m
11:30AM	M- Long Jump Invitational	1 Flight of 12, Top 9 to Final	6.00 m
12:30PM	M- Shot Put Invitational (Ring 1)	1 flight 14, top 9 to Final	16.80 m
12:30PM	M- Shot Put Collegiate (Ring 2)	1 flight of 14, ONLY 4 Throws Each	16.80 m
12:30PM	W - Javelin Invitational	1 flight of 14, Top 9 to Final	43.45 m
1:00PM	M- High Jump	2 Pits	2.10 m
2:15PM	M- Long Jump Collegiate	1 flight of 12, ONLY 4 Jumps Each	7.34 m
2:15PM	W- Long Jump Collegiate	1 flight of 12, ONLY 4 Jumps Each	6.00 m
2:30PM	W- Javelin Collegiate	1 Flight 4 Throws	43.45 m
3:00PM	G- Shot Put (Ring 1)	1 flight of 12, ONLY 4 Throws Each	30'0"
3:00PM	G- Shot Put (Ring 2)	1 flight of 12, ONLY 4 Throws Each	30'0"
3:00PM	W- High Jump	2 Pits	1.75 m
4:30PM	M- Discus Collegiate	1 flight of 14, ONLY 4 Throws Each	47.30 m
4:30PM	B- Long Jump	2 flights of 12, ONLY 4 jumps Each	20'6"
4:30PM	G- Long Jump	2 flights of 12, ONLY 4 jumps Each	16'6"
5:30PM	B- Pole Vault Invitational	5 Alive	
5:30PM	B- Shot Put (Ring 1)	1 flight of 12, ONLY 4 Throws Each	44'0"
5:30PM	B- Shot Put (Ring 2)	1 flight of 12, ONLY 4 Throws Each	44'0"
5:30PM	G- High Jump Invitational	2 Pits	
6:00PM	M- Discus Collegiate	1 flight of 14, ONLY 4 Throws Each	51.70 m

**2009 Stanford Track & Field Invitational Tentative Schedule of Events**

**Saturday, March 28, 2009**

**Saturday Running Events**

Time	Events	Section	NCAA Regional Qualifying Mark	NCAA Automatic Qualifying Mark
8:00am	G- 4X100m Relay	5 races		
9:25am	B- 4X100m Relay	5 races		
9:50am	G- mile	2 races		
10:05am	B- mile	2 races		
10:05am	G- 100mH	Prelims: 4 races, Top 9 to Final		
10:40am	B- 110mH	Prelims: 4 races, Top 9 to Final		
11:00am	G- 100m	Prelims: 6 races, Top 9 to Final		
11:15am	B- 100 m	Prelims: 7 races, Top 9 to Final		
12:00pm	Lon Maynard Kids Half Lapper	10 races		
12:30pm	W - 4X100 Relay	2 races		
12:38pm	M - 4X100 Relay	2 races		
12:46pm	G - 4X100 Relay	FINAL		
12:50pm	B- 4X100 Relay	FINAL		
12:54pm	G- 4X800m Relay	2 races		
1:24pm	B- 4X800m Relay	2 races		
1:54pm	W- 800m	5 races	2:09.80 FAT	
2:14pm	M- 800m	5 races	1:50.40 FAT	
2:30pm	W- 200m	4 races	23.96 FAT	
2:45pm	M- 200m	4 races	21.55 FAT	
3:00pm	G - 400m	4 races		
3:15pm	B - 400	5 races		
3:40pm	G- 100mH	FINAL		
3:46pm	W- 100H	FINAL	13.92 FAT	
3:50pm	B- 110mH	FINAL		
3:57pm	M- 110mH	FINAL	14.30 FAT	
4:07pm	G- 100m	FINAL		
4:11pm	B- 100m	FINAL		
4:15pm	W- 4X400m Relay	2 races		
4:31pm	M- 4X400m Relay	2 races		
4:41pm	G- 4X400m Relay	4 races		
5:11pm	B- 4X400m Relay	4 races		

**Saturday Field Events**

Time	Event	NCAA Regional Qualifying Mark	Minimum Measurement
8:00AM	B- Discus	2 flights of 12, ONLY 4 throws Each	44'0"
8:00AM	B- Triple Jump	2 flights of 12, ONLY 4 jumps Each	44'0"
8:00AM	G- Triple Jump	2 flights of 12, ONLY 4 jumps Each	35'6"
9:00AM	G- Inv Pole Vault	5 Alive	
9:00AM	W- Hammer Collegiate	1 flight of 12, ONLY 4 throws Each	54.15 m
10:45AM	W- Hammer Invitational	1 Flight of 12, Top 9 to Final	54.15 m
11:15AM	G- Discus	2 flights of 12, ONLY 4 throws Each	100'0"
11:30AM	B- High Jump Invitational	2 pits	
12:00PM	M- Pole Vault	5 Alive	5.05 m
12:00PM	M- Triple Jump Invitational	1 Flight of 12, Top 9 to Final	15.00 m
12:30PM	W- Triple Jump Invitational	1 Flight of 12, Top 9 to Final	12.32 m
1:30PM	M- Discus Invitational	1 Flight of 12, Top 9 to Final	51.70 m
1:30PM	M- Hammer Collegiate	1 flight of 12, ONLY 4 throws Each	56.80 m
2:30PM	W- Pole Vault	5 alive	3.85 m
2:30PM	M- Triple Jump Collegiate	1 flight of 12, ONLY 4 jumps Each	15.00 m
3:00PM	M- Hammer Invitational	1 Flight of 12, Top 9 to Final	56.80 m
3:30PM	W- Discus Invitational	1 Flight of 12, Top 9 to Final	47.30 m