

2010 Stanford Track & Field Invitational Schedule of Events

Friday, March 26, 2010

TENTATIVE

Friday Running Events

Time	Events	Section/Advancement Procedure	NCAA Regional Qualifying Mark	NCAA Automatic Qualifying Mark
11:45am	W- 100mH Prelims	Prelims: 4 Races, Top 9 to Final		
12:06pm	M- 110mH Prelims	Prelims: 4 Races, Top 9 to Final		
12:27pm	W- 100m Prelims	Prelims: 4 races, Top 9 to Final		
12:40pm	M- 100m Prelims	Prelims: 5 races, Top 9 to Final		
1:05pm	W- 1500m	#4 and #5		
1:17pm	M- 1500m	#4 and #5		
1:28pm	W-100m	FINAL		
1:31pm	M- 100m	FINAL		
1:35pm	G - 3000m	2 races		
2:01pm	B- 3000m	2 races		
2:25pm	G- 400mH	4 races		
2:38pm	W- 400mH	3 races		
2:50pm	B- 400mH	4 races		
3:05pm	M- 400mH	4 races		
3:20pm	G - Distance Medley Relay	2 races		
3:55pm	B - Distance Medley Relay	2 races		
4:30pm	W - 400M	5 races		
4:45pm	M - 400M	5 races		
5:00pm	Break			
5:30pm	W - 3000m Steeple	#2		
5:45pm	W - 3000m Steeple	#1		
5:58pm	M - 3000m Steeple	#2		
6:12pm	M - 3000m Steeple	#1		
6:25pm	W - 1500m	#3		
6:32pm	W - 1500m	#2		
6:39pm	W - 1500m	#1		
6:46pm	M - 1500m	#3		
6:52pm	M - 1500m	#2		
6:58pm	M - 1500m	#1		
7:07pm	W - 5000m	#3		
7:27pm	W - 5000m	#2		
7:47pm	M - 5000m	#3		
8:05pm	M - 5000m	#2		
8:23pm	W - 5000m	#1		
8:42pm	M - 5000m	#1		
8:58pm	W- 10000m	#1		
9:36pm	M- 10000m	#1		
10:10pm	W - 10000m	#2		
10:48pm	M - 10000m	#2		

Friday Field Events

Time	Event		NCAA Regional Qualifying Mark	Minimum Measurements
9:00AM	M- Javelin Collegiate	1 Flight, 4 Throws		
10:30AM	M- Javelin Invitational	1 Flight of 14, Top 9 to Final		
10:30AM	W- Shot Put Invitational (Ring 1)	1 flight of 14, Top 9 to Final		
10:30AM	W- Shot Put Collegiate (Ring 2)	1 flight of 14, ONLY 4 Throws Each		
11:30AM	M- Long Jump Invitational	1 Flight of 12, Top 9 to Final		
11:30AM	W- Long Jump Invitational	1 Flight of 12, Top 9 to Final		
12:30PM	M- Shot Put Invitational (Ring 1)	1 flight 14, top 9 to Final		
12:30PM	M- Shot Put Collegiate (Ring 2)	1 flight of 14, ONLY 4 Throws Each		
12:30PM	W - Javelin Invitational	1 flight of 14, Top 9 to Final		
1:00PM	M- High Jump	2 Pits		
2:15PM	M- Long Jump Collegiate	1 flight of 12, ONLY 4 Jumps Each		
2:15PM	W- Long Jump Collegiate	1 flight of 12, ONLY 4 Jumps Each		
2:30PM	W - Javelin College	1 Flight, 4 Throws		
3:00PM	G- Shot Put (Ring 1)	1 flight of 12, ONLY 4 Throws Each		
3:00PM	G- Shot Put (Ring 2)	1 flight of 12, ONLY 4 Throws Each		
3:00PM	W- High Jump	2 Pits		
4:30PM	W- Discus Collegiate	1 flight of 14, ONLY 4 Throws Each		
4:30PM	B- Long Jump	2 flights of 12, ONLY 4 jumps Each		
4:30PM	G- Long Jump	2 flights of 12, ONLY 4 jumps Each		
5:30PM	B- Pole Vault Invitational	5 Alive		
5:30PM	B- Shot Put (Ring 1)	1 flight of 12, ONLY 4 Throws Each		
5:30PM	B- Shot Put (Ring 2)	1 flight of 12, ONLY 4 Throws Each		
5:30PM	G- High Jump Invitational	2 Pits		
6:00PM	M- Discus Collegiate	1 flight of 14, ONLY 4 Throws Each		

2010 Stanford Track & Field Invitational Schedule of Events
Saturday, March 27, 2010
TENTATIVE
Saturday Running Events

Time	Events	Section	NCAA Regional Qualifying Mark	NCAA Automatic Qualifying Mark
9:00am	G- 4X100m Relay	5 races		
9:25am	B- 4X100m Relay	5 races		
9:50am	G- mile	3 race		
10:100am	B- mile	3 races		
10:30am	G- 100mH	Prelims: 4 races, Top 9 to Final		
10:45am	B- 110mH	Prelims: 4 races, Top 9 to Final		
11:00am	G - Middle School 100M	10 races		
11:10am	B - Middle School 100M	10 races		
11:20am	G - 100m	Prelims: 6 races, Top 9 to Final		
11:35am	B - 100 m	Prelims: 7 races, Top 9 to Final		
11:50am	Lori Maynard Kids Half Lapper	10 races		
12:10pm	W - 4X100 Relay	2 races		
12:18pm	M - 4X100 Relay	2 races		
12:26pm	G - 4X100 Relay	FINAL		
12:30pm	B- 4X100 Relay	FINAL		
12:34pm	G- 4X800m Relay	2 races		
1:04pm	B- 4X800m Relay	2 races		
1:34pm	W- 800m	5 races		
1:54pm	M- 800m	5 races		
2:10pm	W- 200m	4 races		
2:25pm	M- 200m	4 races		
2:40pm	G - 400m	4 races		
2:55pm	B - 400,	5 races		
3:15pm	G- 100H	FINAL		
3:21pm	W- 100H	FINAL		
3:25pm	B- 110mH	FINAL		
3:32pm	M- 110mH	FINAL		
3:40pm	G - Middle School 100M	FINAL		
3:44pm	B - Middle School 100M	FINAL		
3:48pm	G- 100m	FINAL		
3:52pm	B- 100m	FINAL		
3:56pm	W- 4X400m Relay	2 races		
4:12pm	M- 4X400m Relay	2 races		
4:22pm	G- 4X400m Relay	4 races		
4:52pm	B- 4X400m Relay	4 races		

Saturday Field Events

Time	Event		NCAA Regional Qualifying Mark	Minimum Measurement
9:00AM	B- Discus	2 flights of 12, ONLY 4 throws Each		
9:00AM	B- Triple Jump	2 flights of 12, ONLY 4 jumps Each		
9:00AM	G- Triple Jump	2 flights of 12, ONLY 4 jumps Each		
9:00AM	G- Inv Pole Vault	5 Alive		
9:00AM	W- Hammer Collegiate	1 flight of 12, ONLY 4 throws Each		
10:45AM	W- Hammer Invitational	1 Flight of 12, Top 9 to Final		
11:15AM	G- Discus	2 flights of 12, ONLY 4 throws Each		
11:30AM	B- High Jump Invitational	2 pits		
12:00PM	M- Pole Vault	5 Alive		
12:00PM	M- Triple Jump Invitational	1 Flight of 12, Top 9 to Final		
12:00PM	W- Triple Jump Invitational	1 Flight of 12, Top 9 to Final		
1:30PM	M- Discus Invitational	1 Flight of 12, Top 9 to Final		
1:30PM	M- Hammer Collegiate	1 flight of 12, ONLY 4 throws Each		
2:30PM	W- Pole Vault	5 alive		
2:30PM	M- Triple Jump Collegiate	1 flight of 12, ONLY 4 jumps Each		
3:00PM	M- Hammer Invitational	1 Flight of 12, Top 9 to Final		
3:30PM	W- Discus Invitational	1 Flight of 12, Top 9 to Final		