



Mountain Pacific Sports Federation

Al Beaird • Executive Director

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2009 MPSF INDOOR TRACK & FIELD CHAMPIONSHIPS **SCHEDULE OF EVENTS**

FRIDAY FEBRUARY 27, 2009

- 12:30 p.m. Women's Weight Throw Final
- 1:00 p.m. Pentathlon: Women's 60 Meter Hurdles Final
- 1:40 p.m. Pentathlon: Women's High Jump Final
- 2:30 p.m. Heptathlon: Men's 60 Meter Dash Final
- 2:30 p.m. Men's Weight Throw Final
- 3:00 p.m. Women's Long Jump Final
- 3:00 p.m. Heptathlon: Men's Long Jump Final
- 4:00 p.m. Pentathlon: Women's Shot Put Final
- 4:00 p.m. Women's Pole Vault Final
- 4:15 p.m. Heptathlon: Men's Shot Put Final
- 4:30 p.m. Men's 60 Meter Hurdles Prelims
- 4:40 p.m. Women's 60 Meter Hurdles Prelims
- 4:50 p.m. Men's 60 Meter Dash Prelims
- 5:00 p.m. Women's 60 Meter Dash Prelims
- 5:00 p.m. Men's Long Jump Final
- 5:10 p.m. Men's 5000 Meter Run Final
- 5:20 p.m. Pentathlon: Women's Long Jump Final
- 5:30 p.m. Heptathlon: Men's High Jump Final
- 5:30 p.m. Women's 5000 Meter Run Final
- 5:50 p.m. Men's 200 Meter Dash* Final
- 6:05 p.m. Women's 200 Meter Dash* Final
- 6:25 p.m. Men's Distance Medley Final
- 6:40 p.m. Women's Distance Medley Final
- 6:55 p.m. Pentathlon: Women's 800 Meter Run Final

* Sections based on time

* Heats will be run slowest to fastest



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2009 MPSF INDOOR TRACK & FIELD CHAMPIONSHIPS **SCHEDULE OF EVENTS**

SATURDAY FEBRUARY 28, 2009

11:00 a.m. Heptathlon: Men's 60 Meter Hurdles Final
11:00 a.m. Women's Triple Jump Final
11:00 a.m. Men's High Jump Final
11:00 a.m. Women's Shot Put Final
12:00 p.m. Heptathlon: Men's Pole Vault Final
12:00 p.m. Men's 1 Mile Run* Final
12:15 p.m. Women's 1 Mile Run* Final
12:30 p.m. Men's Pole Vault Final
12:30 p.m. Men's 60 Meter Hurdles Final
12:35 p.m. Women's 60 Meter Hurdles Final
12:40 p.m. Men's 400 Meter Dash* Final
1:00 p.m. Men's Triple Jump Final
1:05 p.m. Women's 400 Meter Dash* Final
1:25 p.m. Men's 60 Meter Dash Final
1:30 p.m. Women's 60 Meter Dash Final
1:30 p.m. Women's High Jump Final
1:30 p.m. Men's Shot Put Final
1:35 p.m. Men's 800 Meter Run* Final
1:50 p.m. Women's 800 Meter Run* Final
2:05 p.m. Men's 3000 Meter Run Final
2:15 p.m. Women's 3000 Meter Run Final
2:40 p.m. Heptathlon: Men's 1000 Meter Run Final
2:45 p.m. Men's 4x400 Meter Relay Final
3:00 p.m. Women's 4x400 Meter Relay Final

* Sections based on time

* Heats will be run slowest to fastest