



2010 MPSF INDOOR TRACK & FIELD CHAMPIONSHIP

ENTRIES

Championship meet entries must be completed on-line at DirectAthletics.com no later than 5:00pm PST, Tuesday, Feb. 23. Unofficial heat sheets will be emailed to participating head coaches by 5:00pm, Wednesday, Feb. 25. Final heat sheets will be distributed after the meetings.

SCHEDULE OF EVENTS

THURSDAY, FEBRUARY 25

- 5:00-7:00pm Pre-meet Technical & Annual Coaches' Business Meetings. Dinner after meeting.
- **Location TBD** – Head Coaches Mandatory (up to 3 coaches maximum)

FRIDAY, FEB. 26

12:30 p.m.	Men'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.	Women's Weight Throw	Final
3:00 p.m.	Heptathlon: Men's Long Jump	Final
3:00 p.m.	Men's Long Jump	Final
4:00 p.m.	Pentathlon: Women's Shot Put	Final
4:00 p.m.	Men's Pole Vault	Final
4:15 p.m.	Heptathlon: Men's Shot Put	Final
4:30 p.m.	Men's 60 Meter Hurdles	Prelim
4:40 p.m.	Women's 60 Meter Hurdles	Prelim
4:50 p.m.	Men's 60 Meter Dash	Prelim
5:00 p.m.	Women's 60 Meter Dash	Prelim
5:00 p.m.	Women'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

SATURDAY, FEB. 27

11:00 a.m.	Heptathlon: Men's 60 Meter Hurdles	Final
11:00 a.m.	Women's Pole Vault	Final
11:00 a.m.	Men's Triple Jump	Final
11:00 a.m.	Men's High Jump	Final
11:00 a.m.	Men'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 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.	Women'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.	Women'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