



**FINAL SCHEDULE**  
**UW INVITATIONAL**  
**DEMPSEY INDOOR**  
**JANUARY 29-30, 2010**

**Friday, January 29, 2010**

**FIELD EVENTS**

3:40 pm: Pentathlon: High Jump (W)  
3:50 pm: Heptathlon: Long Jump (M)  
5:05 pm: Heptathlon: Shot Put (M)  
6:00 pm: Pole Vault, Sect 1 (W/M)  
6:10 pm: Pentathlon: Shot Put (W)  
6:20 pm: Heptathlon: High Jump (M)  
7:25 pm: Pentathlon: Long Jump (W)

**RUNNING EVENTS**

3:00 pm: Pentathlon: 60m Hurdles (W)  
3:15 pm: Heptathlon: 60m Dash (M)  
6:00 pm: 4x800m (W) (1 Heat)  
6:15 pm: 4x800m (M) (1 Heat)  
6:30 pm: 5000m Run (W) (1 Heat)  
6:55 pm: 5000m Run (M) (1 Heat)  
7:15 pm: DMR (W) (1 Heat)  
7:30 pm: DMR (M) (1 Heat)  
7:50 pm: Masters 200m (2 Heats)  
8:30 pm: Pentathlon: 800m Run (W)



**FINAL SCHEDULE**  
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**JANUARY 29-30, 2010**

**Saturday, January 30, 2010**

**FIELD EVENTS**

10:00 am: Long Jump (W/M)  
10:00 am: High Jump, Sect 1 (W)  
11:00 am: Heptathlon: Pole Vault (M)  
12:00 pm: High Jump, Sect 1 (M)  
12:00 pm: Shot Put (M)  
12:00 pm: Weight Throw (W)  
1:30 pm: Triple Jump (W/M)  
3:00 pm: High Jump, Sect 2 (W)  
3:00 pm: Shot Put (W)  
3:00 pm: Weight Throw (M)  
3:00 pm: Pole Vault, Sect 2 (M/W\*)  
4:00 pm: High Jump, Sect 2 (M)

**\*The Women's & Men's Pole Vault Sections will be conducted simultaneously on two adjacent runways.**

**CHECK-IN: ALL ATHLETES MUST CHECK IN 60 MINUTES PRIOR TO EVENT OR RISK BEING SCRATCHED**

**RUNNING EVENTS**

9:00 am: 3000m Run (W) Heat 1  
9:15 am: 3000m Run (M) Heat 1  
9:30 am: 60m Hurdles, Prelim (W) Heats 1-10  
10:00 am: Heptathlon: 60m Hurdles (M) 5 Heats  
10:15 am: 60m Hurdles, Prelim (M) Heats 1-6  
10:35 am: 60m Dash, Prelim (W) Heats 1-11  
10:57 am: 60m Dash, Prelim (M) Heats 1-12  
11:25 am: 60m Hurdles, Final (W) 2 Heats  
11:35 am: 60m Hurdles, Final (M) 2 Heats  
11:45 am: 60m Dash, Final (W) 2 Heats  
11:55 am: 60m Dash, Final (M) 2 Heats  
12:05 am: 60m Dash, (Masters) 2 Heats  
12:15 am: Mile Run (W) Heat 1  
12:23 am: Mile Run (M) Heat 1  
12:30 pm: 400m Dash (W) Heats 1-8  
12:55 pm: 400m Dash (M) Heats 1-13  
1:35 pm: 800m Run (W) Heats 1- 3  
1:50 pm: 800m Run (M) Heats 1 & 2  
2:00 pm: 200m Dash (W) Heats 1-12  
2:35 pm: 200m Dash (M) Heats 1-8

**TOP SECTIONS**

3:15 pm: Mile Run (W) Heat 2  
3:22 pm: Mile Run (W) Heat 3  
3:29 pm: Mile Run (M) Heat 2  
3:35 pm: Mile Run (M) Heat 3  
3:50 pm: 400m Dash (W) Heat 9  
3:53 pm: 400m Dash (W) Heat 10  
3:56 pm: 400m Dash (M) Heat 14  
4:00 pm: 400m Dash (M) Heat 15  
4:10 pm: 800m Run (W) Heat 4  
4:14 pm: 800m Run (W) Heat 5  
4:18 pm: 800m Run (M) Heat 3  
4:22 pm: 800m Run (M) Heat 4  
4:30 pm: 200m Dash (W) Heat 13  
4:33 pm: 200m Dash (W) Heat 14  
4:36 pm: 200m Dash (M) Heat 9  
4:39 pm: 200m Dash (M) Heat 10  
4:45 pm: 3000m Run (W) Heat 2  
4:57 pm: 3000m Run (W) Heat 3  
5:10 pm: 3000m Run (M) Heat 2  
5:20 pm: 3000m Run (M) Heat 3  
5:35 pm: 4x400m Relay (W) 3 Heats  
5:55 pm: 4x400m Relay (M) 2 Heats