



Last Updated: 01/28/09, 10:00PM

**UW INVITATIONAL
DEMPSEY INDOOR
JANUARY 30-31, 2009**

Friday, January 30, 2009

FIELD EVENTS

3:40 p.m.: Pentathlon: High Jump (W)
3:50 p.m.: Heptathlon: Long Jump (M)
5:05 p.m.: Heptathlon: Shot Put (M)
6:10 p.m.: Pentathlon: Shot Put (W)
6:20 p.m.: Heptathlon: High Jump (M)
7:25 p.m.: Pentathlon: Long Jump (W)

RUNNING EVENTS

3:00 p.m.: Pentathlon: 60m Hurdles (W)
3:15 p.m.: Heptathlon: 60m Dash (M)
7:00 p.m.: 5000m Run (W) (1 Heat)
7:25 p.m.: 5000m Run (M) (1 Heat)
7:45 p.m.: DMR (W) (2 Heats)
8:20 p.m.: DMR (M) (2 Heats)
8:50 p.m.: Pentathlon: 800m Run (W)

**UW INVITATIONAL
DEMPSEY INDOOR
JANUARY 30-31, 2009**

Saturday, January 31, 2009

FIELD EVENTS

8:30 a.m.: Pole Vault Flight 1 (W/M**)
10:00 a.m.: Long Jump Flight 1 (W) (West Runway)
10:00 a.m.: Long Jump Flight 1 (M) (East Runway)
10:30 a.m.: Shot Put, Flight 1 (W)
10:30 a.m.: Weight Throw, Flight 1 (M)
10:45 a.m.: Long Jump Flight 2 (W) (West Runway)
10:45 a.m.: Long Jump Flight 2 (M) (East Runway)
11:00 a.m.: High Jump (W)
11:05 a.m.: Weight Throw, Flight 2 (M)
11:05 a.m.: Shot Put, Flight 2 (W)
11:30 a.m.: Heptathlon: Pole Vault (M) (2 Runways)
11:30 a.m.: Long Jump Flight 3 (W) (West Runway)
11:30 a.m.: Long Jump Final (M) (East Runway)
11:40 a.m.: Weight Throw Final (M)
11:40 a.m.: Shot Put Final (W)
12:15 p.m.: Long Jump Final (W) (West Runway)
1:00 p.m.: Shot Put, Flight 1 (M)
1:00 p.m.: Weight Throw, Flight 1 (W)
1:30 p.m.: Triple Jump Flight 1 (W) (East Runway)
1:30 p.m.: Triple Jump Flight 1 (M) (West Runway)
1:30 p.m.: Pole Vault, Flight 2 (M/W**)
1:35 p.m.: Weight Throw, Flight 2 (W)
1:35 p.m.: Shot Put, Flight 2 (M)
2:10 p.m.: Shot Put Final (M)
2:10 p.m.: Weight Throw Final (W)
2:15 p.m.: Triple Jump Flight 2 (W) (East Runway)
2:15 p.m.: Triple Jump Final (M) (West Runway)
2:15 p.m.: High Jump (M)
2:45 p.m.: Triple Jump Final (W) (East Runway)

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

****In the Women's & Men's Shot Put/Weight Throw, start times are an estimate and we will move ahead of schedule in order to accommodate the best interest of the athletes.**

****CHECK-IN: ALL ATHLETES MUST CHECK IN 20 MINUTES PRIOR TO EVENT OR RISK BEING SCRATCHED**

RUNNING EVENTS

9:00 a.m.: 60m Hurdles, Prelim (W) Heats 1-5
9:15 a.m.: 60m Hurdles, Prelim (M) Heats 1-4
9:30 a.m.: 60m Dash, Prelim (W) Heats 1-10
9:50 a.m.: 60m Dash, Prelim (M) Heats 1-8
10:10 a.m.: 60m Hurdles, Final (W) 2 Heats
10:17 a.m.: 60m Hurdles, Final (M) 2 Heats
10:25 a.m.: Heptathlon: 60m Hurdles (M) 4 Heats
10:40 a.m.: 60m Dash, Final (W) 2 Heats
10:46 a.m.: 60m Dash, Final (M) 2 Heats
10:52 a.m.: 60m Dash, (Masters) 2 Heats
11:00 a.m.: Mile Run (W) Heat 1
11:10 a.m.: Mile Run (M) Heats 1 & 2
11:25 a.m.: 400m Dash (W) Heats 1-6
11:45 a.m.: 400m Dash (M) Heats 1-6
12:05 p.m.: 800m Run (W) Heats 1 & 2
12:15 p.m.: 800m Run (M) Heats 1 & 2
12:25 p.m.: 200m Dash (W) Heats 1-9
12:50 p.m.: 200m Dash (M) Heats 1-6

TOP SECTIONS

1:10 p.m.: 200m Dash (W) Heat 10
1:13 p.m.: 200m Dash (W) Heat 11
1:16 p.m.: 200m Dash (M) Heat 7
1:19 p.m.: 200m Dash (M) Heat 8
1:22 p.m.: Mile Run (W) Heat 2
1:30 p.m.: Mile Run (W) Heat 3
1:37 p.m.: Mile Run (M) Heat 3
1:45 p.m.: Mile Run (M) Heat 4
1:55 p.m.: 400m Dash (W) Heat 7
1:58 p.m.: 400m Dash (W) Heat 8
2:01 p.m.: 400m Dash (M) Heat 7
2:04 p.m.: 400m Dash (M) Heat 8
2:07 p.m.: 800m Run (W) Heat 3
2:11 p.m.: 800m Run (W) Heat 4
2:15 p.m.: 800m Run (M) Heat 3
2:19 p.m.: 800m Run (M) Heat 4
2:23 p.m.: 3000m Run (W) Heat 1
2:36 p.m.: 3000m Run (W) Heat 2
2:50 p.m.: 3000m Run (M) Heat 1
3:02 p.m.: 3000m Run (M) Heat 2
3:15 p.m.: Heptathlon: 1000m Run (2 Heats)
3:25 p.m.: 4x400m Relay (W) 3 Heats
3:45 p.m.: 4x400m Relay (M) 3 Heats