

University of Central Missouri 2010 Indoor Mule Relays

Meet Information

Date: Women: Friday February 5th, 1:30 PM
Men: Saturday February 6th, 11:30 AM

Site: University of Central Missouri - MultiPurpose Building
500 South Washington Ave., Warrensburg MO. 64093

Entries: Entries must be completed on line. To enter this meet go to:
<http://www.aspimeetz.com/12831>

Follow the directions to complete your entries. This entry site will open on January 29th at 8:00 am and close on Wednesday February 3rd at 8:00 pm. This is an open competition. There is a limit of four athletes per event.

Declaration: You must declare your team on the entry web site. The declaration deadline is **Wednesday February 3rd at 8:00 pm.** Please make sure you have no more than four entries per event. No entries will be taken after the declaration deadline. Scratches only on the day of the meet.

Entry Fee: \$200. per team or \$15. per individual. A Men's and Women's team count as two teams. Entry fee is based on your declared entry, so please scratch all non-competing athletes before the declaration deadline.

Entering Marks: Use entering marks that you feel your athletes are capable of at this time.

Meet

Updates: Updated time schedules, heat sheets and results will be posted on the Central Missouri web site: www.ucmo.edu/athletic

Spiked

Shoes: 1/4" spikes will be allowed for all events. Spikes will not be allowed inside the track on the wood floor, in hallways or restrooms. No one is allowed on the wood surface inside the track area. Coaches please help us by keeping your athletes in the designated areas.

Dressing

Facilities: Dressing and shower facilities are available. Please bring towels and be responsible for your own valuables.

Additional Information:

Kip Janvrin (660) 543-4254 janvrin@ucmo.edu
Kirk Pedersen (660) 543-8309 pedersen@ucmo.edu

Women's Indoor Mule Relays Time Schedule

Friday February 5th, 2010

FIELD EVENTS

1:30 PM	Triple Jump Weight Throw	(North Pit)
3:00	Pole Vault Long Jump High Jump Shot Put	(North Pit)

TRACK EVENTS

5:00 PM	60 Meter Hurdles	Trials	Top 12 Times Qualify
5:10	60 Meter Dash	Trials	Top 12 Times Qualify
5:30	5000 Meter Run	Finals	
5:55	60 Meter Hurdles	Finals	2 Heat Final slow/fast
6:00	60 Meter Dash	Finals	2 Heat Final slow/fast
6:10	Mile Run	Finals	
6:20	400 Meter Dash	Finals	
6:45	600 Yard Run	Finals	
6:55	800 Meter Run	Finals	
7:05	200 Meter Dash	Finals	
7:40	3000 Meter Run	Finals	
7:55	Mile Relay	Finals	
8:15	Distance Medley Relay	Finals	

This time schedule is tentative and will be updated on 2/4/10

Men's Indoor Mule Relays Time Schedule

Saturday February 6th, 2010

FIELD EVENTS

11:30 AM	Weight Throw Triple Jump	(North Pit)
1:00	Pole Vault Long Jump High Jump Shot Put	(North Pit)

TRACK EVENTS

3:00 PM	60 Meter Hurdles	Trials	Top 12 Times Qualify
3:15	60 Meter Dash	Trials	Top 12 Times Qualify
3:40	5000 Meter Run	Finals	
4:20	60 Meter Hurdles	Finals	2 Heat Final slow/fast
4:25	60 Meter Dash	Finals	2 Heat Final slow/fast
4:35	Mile Run	Finals	
4:55	400 Meter Dash	Finals	
5:20	600 Yard Run	Finals	
5:40	800 Meter Run	Finals	
6:00	200 Meter Dash	Finals	
6:40	3000 Meter Run	Finals	
7:05	Mile Relay	Finals	
7:25	Distance Medley Relay	Finals	

This time schedule is tentative and will be updated on 2/4/10