

**ACCK Championship**  
**Saturday, April 10, 2010**  
**Sterling College**

**Schedule of Events**

**Field Events 12:00** - *Four jumps and four throws (except HJ and PV)*

Pole Vault	(W then M)
Long Jump	South East Pit – (M then W)
Triple Jump	South West Pit – (W then M)
Javelin	(M then W)
High Jump	(M then W)
Shot Put Women	South
Shot Put Men	North

**1:00**

Hammer	(W then M)
Discus	Following Hammer (W then M)

**Running Events** - *Running events: women first followed by men unless otherwise indicated.*

**12:00:**

10,000 M	M & W together
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**1:30:**

4x800 M Relay	
4x100 M Relay	
3,000 M Steeplechase	
1,500 M Run	
100/110 M Hurdles	
400 M Dash	
100 M Dash	
800 M Run	
400 M Hurdles	
200 M Dash	
5,000 M Run	M & W together
4x400 M Relay	