

**SOUTHWESTERN RELAYS**  
**TIME SCHEDULE**  
**2010**

**FIELD EVENTS**

**12:00** High Jump (Women) -- Men follow  
**12:00** Discus (Women) -- Men Follow  
**12:00** Javelin (Men) -- Women Follow  
**12:00** Long Jump (Men) -- Women Follow  
**12:00** Shot Put (Men) -- Women Follow  
**12:00** Pole Vault (Men) -- Women Follow

After completion of Men's Discus

Hammer (Women) -- Men follow

After completion of Women's Long Jump:

Triple Jump (Men) -- Women follow

**RUNNING EVENTS**

**2:30** 110 M HH Prelims (Men)  
**2:40** 100 M Hurdle Prelims (Women)  
**2:50** 100 M Dash Prelims (Women)  
**3:05** 100 M Dash Prelims (Men)  
**3:20** 4 X 800 M Relay (Women)  
**3:35** 4 X 800 M Relay (Men)  
**3:50** 200 M Dash (Women) Heats Against Time – Finals Only  
**4:05** 200 M Dash (Men) Heats Against Time – Finals Only

**FINALS** (Rolling Schedule -- events will be moved along as quickly as possible)

**5:00** 4 X 100 M Relay (Women/Men)  
3000 M Steeplechase (Women/Men)  
Sprint Medley Relay (Women) 100--100--200--400  
Sprint Medley Relay (Men) 200--200--400--800  
1500 M (Women/Men)  
100 M Hurdles (Women)  
110 M HH (Men)  
400 M (Women/Men)  
100 M (Women/Men)  
800 M (Women/Men)  
400 M LH (Women)  
400 M IH (Men)  
5000 M (Women)  
5000 M (Men)  
4 X 400 M Relay (Women/Men)