

TABOR COLLEGE INVITATIONAL TRACK AND FIELD MEET
Wednesday, April 14, 2010

FIELD EVENTS (3 throws/jumps, then 8 to finals)

1:00 p.m.

Jumps:

Men's Long Jump—Women's Long Jump to follow
Men's High Jump—Women's High Jump to follow
Women's Pole Vault—Men's Pole Vault to follow
Women's Triple Jump—Men's Triple Jump to follow

Throwing Events:

Men's Javelin--Women's Javelin to follow

Women will start with the discus, then move to the shot put, and then throw the hammer.
Men will start with the shot put, then move to the hammer, and finish with the discus.

Women's Discus (north ring), Men's Shot Put (north ring),
Women's Shot Put (north ring), Men's Hammer (south ring)
Women's Hammer (south ring), Men's Discus (north ring)

RUNNING EVENTS (Rolling schedule—all events against time)

1:30 p.m.

4 x 800M Relay (W-M)
3000M Steeplechase (W-M)
4 x 100M Relay (W-M)
1500M (W-M)
100M Hurdles (W)
110M Hurdles (M)
400M (W-M)
100M (W-M)
800M (W-M)
400M Low Hurdles (W)
400M Intermediate Hurdles (M)
200M (W-M)
5000M (W-M)
4 x 100M *Weight Person's Relay (W-M or combination)
4 x 400M Relay (W-M)
10,000m Combined W/M

*Note: Participants in this event must compete in the shot put, discus, or hammer events.