

NEAL MORRIS MEMORIAL INVITATIONAL

April 10, 2010

9:00 COACHES MEETING

**9:00 - 9:30 SHOT PUT AND DISCS INSPECTION: We will provide all Shot Puts and Rubber Discs. We will inspect all non-rubber discs
POLE VAULTERS WEIGH-VERIFICATION**

10:00 FIELD EVENTS

Ladies Pole Vault followed by Men)

Starting height for the Ladies Pole Vault is 7' 0"

Starting height for the Men's Pole Vault is 9' 0"

Ladies' High Jump Followed by the Men

Starting height for the Ladies High Jump is 4' 6"

Starting height for the Men's High Jump is 5' 8"

Men's Discus Throw followed by the Ladies

Ladies' Shot Put followed by the Men

Ladies' Triple Jump followed by the Men's Triple Jump

Men's Long Jump followed by the Ladies' Long Jump

10:00 UNSEEDDED 3200 METER RUN

11:00 4 x 800 RELAY - FINALS

12:30 SPRINT SEMI-FINALS

100 Meter Hurdles Semi-Finals

110 Meter Hurdles Semi-Finals

100 Meter Dash Semi-Finals

400 Meter Dash Semi-Finals

300 Meter Hurdles Semi-Finals

200 Meter Dash Semi-Finals

FINALS (20 Minutes AFTER Semi-finals)

100 Meter Hurdles

110 Meter Hurdles

100 Meter Dash

800 Meter Relay

1600 Meter Run

400 Meter Relay

400 Meter Dash

300 Meter Hurdles

800 Meter Run

200 Meter Dash

3200 Elite Meter Run (Top 12 Seeded Athletes)

1600 Meter Relay