

**CCU Invitational at Coastal Carolina University
March 14-15, 2008**

***Revised Final* EVENT SCHEDULE**

Friday March 14

FIELD EVENTS:

11:00am	Hammer	Men (4) followed by Women (4)
	Javelin	Women (4) followed by Men (4)

Weigh In Schedule (Equipment Shed): 9:00am-1:00pm

TRACK EVENTS:

4:00pm	3,000 meters	Women (2)
4:30pm	3,000 meters	Men (2)
5:00pm	10,000 meters	Women (1)
6:00pm	10,000 meters	Men (1)

Saturday March 15

FIELD EVENTS:

9:00am	Discus	Men (5) followed by Women (4)
	Shot Put	Women (5) followed by Men (5)
	Long Jump	Men (5) (east pit, closest to javelin field)
	Long Jump	Women (5) (west pit, closest to track)
	High Jump	Women
10:00am	Pole Vault	Women followed by Men
12:30pm	High Jump	Men
2:30pm	Triple Jump	Men (4)(east pit, closest to javelin field)
2:30pm	Triple Jump	Women (4)(west pit, closest to track)

TRACK EVENTS (Women followed by Men):

9:00am	Women's "B" 5,000m (20:00 or slower)
	Men's "B" 5,000m (16:00 or slower)
9:50am	Women's "B" 1500m (3 heats 4:58 or slower)
	Men's "B" 1500m (3 heats 4:08 or slower)
10:30am	3000 meter SC (1w, 1m)
11:00am	4x100 meter relay (3w,3m)
11:20am	1500 meter "A" (2w/2m)
12:00pm	100 meter HH (8)/110 meter HH (6)
12:45pm	400 meter (7w, 9m)
1:30pm	100 meter (10w, 9m)
2:15pm	800 meter (6w, 7m)
3:15pm	400 meter LH (9w)/400 meter IH (8m)
4:00pm	200 meter (will seed after check-in, MUST CHECK BY 3PM!)
4:45pm	5000 meter "A" (1w/1m)
5:30pm	4x400 meter relay (WILL SEED AFTER CHECK-IN 5PM)

Implement Weigh-in Schedule (Equipment shed): 7:00am-11:00am