



**Cross Country/Track & Field**

**William P. Hytche Athletic Center  
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**UMES COACH O COLLEGE  
INDOOR  
TRACK & FIELD INVITATIONAL**

**FRIDAY, DECEMBER 11<sup>TH</sup>, 2009**

**TENTIVE TIME SCHEDULE**

<b>START</b>			<b>FIELD EVENTS</b>
11:00 A.M.	WOMEN		WEIGHT THROW
	MEN	FOLLOW	WEIGHT THROW
1:00 P.M.	WOMEN		POLE VAULT (START HGHT-2.70.M)
	MEN	FOLLOW	POLE VAULT (START HGHT 3.90 M)
2:00 P.M.	WOMEN		SHOT PUT
	MEN	FOLLOW	SHOT PUT
3:00 P.M.	WOMEN		LONG JUMP
	MEN	FOLLOW	LONG JUMP
4:00 P.M.	WOMEN		HIGH JUMP
	MEN	FOLLOW	HIGH JUMP
5:30 P.M.	WOMEN		TRIPLE JUMP
	MEN	FOLLOW	TRIPLE JUMP
<b>START</b>			<b>FIELD EVENTS</b>
2:30 P.M.	WOMEN		DISTANCE MEDLEY RELAY
2:45 P.M.	MEN		DISTANCE MEDLEY RELAY
3:00 P.M.	WOMEN		60 M HURDLES TRIALS
3:10 P.M.	MEN		60 M HURDLES TRIALS
3:20 P.M.	WOMEN		60 M DASH TRIALS
3:30 P.M.	MEN		60 M DASH TRIALS
3:40 P.M.	WOMEN		1 MILE RUN
3:55 P.M.	MEN		1 MILE RUN
4:10 P.M.	WOMEN		60 M HURDLES FINALS
4:15 P.M.	MEN		60 M HURDLES FINALS
4:20 P.M.	WOMEN		60 M DASH FINALS
4:25 P.M.	MEN		60 M DASH FINALS
4:30 P.M.	WOMEN		400 M DASH
4:40 P.M.	MEN		400 M DASH
5:00 P.M.	WOMEN		500 M RUN
5:15 P.M.	MEN		500 M RUN
5:30 P.M.	WOMEN		800 M RUN
5:45 P.M.	MEN		800 M RUN
6:00 P.M.	WOMEN		200 M DASH
6:20 P.M.	MEN		200 M DASH
6:35 P.M.	WOMEN		3000 M RUN
6:50 P.M.	MEN		3000 M RUN
7:05 P.M.	WOMEN		4 X400 RELAYS (2 SECTIONS)
7:25 P.M.	MEN		4 X400 REALYS (2 SECTIONS)