



Cross Country/Track & Field

**William P. Hytche Athletic Center
Princess Anne, Maryland 21853-1299**

**Office: (410) 651-6710
FAX: (410) 651-7600**

**UMES COACH O COLLEGE
INDOOR
TRACK & FIELD INVITATIONAL
FRIDAY, JANUARY 9TH, 2009**

REVISED TIME SCHEDULE

START
9:00 A.M.

M
9:00 A.M.
1:00 P.M.
1:00 P.M.
3:00 P.M.
3:00 P.M.

WOMEN		FOLLOW
MEN		
WOMEN		FOLLOW
MEN		FOLLOW
WOMEN		FOLLOW
MEN	MEN	FOLLOW
WOMEN		FOLLOW
WOMEN		FOLLOW
MEN		FOLLOW

FIELD EVENTS
POLE VAULT (START HGHT-2.70.M)
POLE VAULT (START HGHT3.90)

WEIGHT THROW
WEIGHT THROW
SHOT PUT
SHOT PUT
LONG JUMP
LONG JUMP
HIGH JUMP
HIGH JUMP
TRIPLE JUMP
TRIPLE JUMP

START
11:00 A.M.
11:25 A.M.
12:00 NOON
12:15 P.M.
12:30 P.M.
12:45 P.M.
1:00 P.M.
1:15 P.M.
1:30 P.M.
1:35 P.M.
1:45 P.M.
1:50 P.M.
2:00 P.M.
2:15 P.M.
2:30 P.M.
2:45 P.M.
3:00 P.M.
3:15 P.M.
3:30 P.M.
3:45 P.M.
4:00 P.M.
4:20 P.M.
4:40 P.M.
5:00 P.M.

TRACK EVENTS

WOMEN
MEN
WOMEN
MEN
WOMEN
MEN
WOMEN
MEN
WOMEN
MEN
WOMEN
MEN
WOMEN
MEN
WOMEN
MEN
WOMEN
MEN
WOMEN
MEN
WOMEN
MEN
WOMEN
MEN

5000 M RUN
5000 M RUN
DISTANCE MEDLEY RELAY
DISTANCE MEDLEY RELAY
60 M HURDLES TRIALS
60 M HURDLES TRIALS
60 M DASH TRIALS
60 M DASH TRIALS
60 M HURDLES FINALS (TOP12)
60 M HURDLES FINALS (TOP12)
60 M DASH FINALS (TOP12)
60 M DASH FINALS (TOP12)
1 MILE RUN
1 MILE RUN
400 M DASH
400 M DASH
800 M RUN
800 M RUN
200 M DASH
200 M DASH
3000 M RUN
3000 M RUN
4 X 400 RELAY
4 X 400 REALYS

*** NOTE: IF WE ARE AHEAD OF SCHEDULE WE WILL KEEP THE MEET RUNNING.**