



Cross Country/Track & Field

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

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UMES COACH O HIGH SCHOOL INDOOR TRACK & FIELD INVITATIONAL Saturday, January 3rd, 2009

START

11:00 A.M.	GIRLS	
	BOYS	FOLLOW
11:00 A.M.	GIRLS	
	BOYS	FOLLOW
1:30 P.M.	GIRLS	
	BOYS	FOLLOW
1:30 P.M.	GIRLS	
	BOYS	FOLLOW

FIELD EVENTS

SHOT PUT
SHOT PUT
LONG JUMP
LONG JUMP
HIGH JUMP
HIGH JUMP
TRIPLE JUMP
TRIPLE JUMP

START

11:00 A.M.	GIRLS	
11:15 A.M.	BOYS	
11:30 A.M.	GIRLS	
11:40 A.M.	BOYS	
11:50 A.M.	GILRS	
12:00 P.M.	BOYS	
12:20 P.M.	GIRLS	
12:30 P.M.	BOYS	
12:40 P.M.	GIRLS	
12:45 P.M.	BOYS	
12:50 P.M.	GIRLS	
12:55 P.M.	BOYS	
1:00 P.M.	GIRLS	
1:10 P.M.	BOYS	
1:20 P.M.	GIRLS	
1:30 P.M.	BOYS	
1:40 P.M.	GIRLS	
1:50 P.M.	BOYS	
2:00 P.M.	GIRLS	
2:10 P.M.	BOYS	
2:20 P.M.	GIRLS	
2:30 P.M.	BOYS	
2:40 P.M.	GIRLS	
2:50 P.M.	BOYS	
3:00 P.M.	GIRLS	
3:15 P.M.	BOYS	
3:30 P.M.	GIRLS	
3:45 P.M.	BOYS	

TRACK EVENTS

SPRINTS MEDLEY RELAYS
SPRINTS MEDLEY RELAYS
60 M HURDLES TRIALS
60 M HURDLES TRIALS
60 M DASH TRIALS
60 M DASH TRIALS
1 MILE RUN
1 MILE RUN
60 M HURDLES FINALS (TOP 6)
60 M HURDLES FINALS (TOP 6)
60 M DASH FINALS (TOP 6)
60 M DASH FINALS (TOP 6)
500 M RUN
500 M RUN
300 M RUN
300 M RUN
1000 RUN
1000 RUN
4 x 800 Relay
4 x 800 Relay
800 M RUN
800 M RUN
4 X 200 M RELAYS
4 X 200 M RELAYS
3200 M RUN
3200 M RUN
4 X 400 RELAYS
4 X 400 RELAY

***Note: If this meet is running ahead of schedule we will stay ahead**