Grand Prix #4

Friday, June 12, 2009 University Stadium 5:00 pm

Final Schedule

TRACK	
5:00 pm	100m – Male – Decathlon Event # 1 CSG Trials (5)
5:30 pm	100mH Heptathlon Female Event #1 CSG Trials (4)
5:45 pm	400mH CSG Trials M (4)
	W (4)
6:05 pm	100m – M (26)
	W (25)
6:45 pm	1500m – M (20)
-	W (7)
7:30 pm	400m Youth and Up – M (13)
	W (6)
7:50 pm	300m (Midget and Under) M (5
	W (10)
8:05 pm	200m – Heptathlon Female – Event #4
8:30 pm	400m – Decathlon Men – Event #5

<u>FIELD</u>

5:30 pm	Long Jump – Decathlon Men –Event # 2
6:00 pm	Long Jump –Men (13)
6:00 pm	Pole Vault – Men / Women (3 _ 7) (Women - CSG Trials)
6:00 pm	High Jump –Heptathlon Female – Event #2
6:00 pm	Shot Put – Women / Men (6+9)
6:45 pm	Shot Put – Decathlon-Men- Event #3
7:15 pm	Shot Put — Heptathlon Female – Event #3
7:15 pm	High Jump- Decathlon Men- Event # 4
7:15 pm	Long Jump –Women (16)
8:00 pm	Hammer – Male / Female (3 + 3)

Grand Prix #5

Saturday, June 13th, 2009 University Stadium 9:00 am

Final Schedule

TRACK

8:30 am	3000m SC – Men (1)		
9:00 am	5000m - Men/ Women (1 + 1)		
9:20 am	110mH – Decathlon Men – Event #6		
9:30 am	110mH – Men (2)		
	100mH – Women (3) / Pentathle 80mH – Women (2)	on Men (1) Event# 1	
10:00 am	200m – (Youth and Older)	M - (18)	
		W - (14)	
10:30 am	150m – (Midget and Under))	M - (9)	
		W - (17)	
11:00 am	800m – M (27)		
	W (15)		
12:30 pm	800m – Heptathlon Women Event #7 / Men Pentathlon Event #5		
1:15 pm	1500m Decathlon Men – Event #10		

FIELD

9:00 am	Triple Jump – Men (4)
9:00 am	High Jump – Women (7)
9:45 am	Discus – Decathlon Men – Event #7
10:00 am	Long Jump - Heptathlon Women - Event #5 / Pentathlon Men Event #2
10:45 am	Pole Vault – Decathlon Men – Event #8
10:45 am	Shot Put — Pentathlon –Men Event #3
11:00 am	Triple Jump – Women (9)
11:15 am	Javelin – Heptathlon Women – Event #6 / Women (3)
11:15 am	High Jump - Pentathlon Men Event #4
12:15 pm	Javelin – Decathlon Men – Event #9 / Men (4)
12:15 pm	High Jump - Men (4)
1:15 pm	Discus – Men / Women (4 + 3)