



## 2010 ECAC Division III Indoor Track & Field Championships

Hosted by Smith College

Friday-Saturday, March 5-6, 2010

### Schedule of Events

(Subject to change depending on entry #s)

#### **FRIDAY**

##### **Women's Pentathlon\***

10:30 55 Hurdles  
High Jump  
Shot Put  
Long Jump  
800m

##### **Men's Pentathlon\***

10:45 55 Hurdles  
Long Jump  
Shot Put  
High Jump  
1000m

*\*All events will begin 30 min. after the conclusion of the prior event.*

##### **Field Events:**

11:30 Pole Vault [w]  
2:00 Shot Put [w]  
2:00 Triple Jump [m]  
2:30 Pole Vault [m]  
4:00 Shot Put [m]  
4:00 Triple Jump [w]

##### **Track Events:**

2:30 55m Hurdle trials [w]  
2:50 55m Hurdle trials [m]  
3:15 55m Dash trials [w]  
3:30 55m Dash trials [m]  
3:45 5000m [w]  
4:10 5000m [m]  
4:35 DMR [w]  
5:05 DMR [m]  
5:20 4x200m [w]  
5:40 4x200m [m]

#### **SATURDAY**

##### **Field Events:**

10:00 Weight Throw [w]  
10:00 Long Jump [w]  
10:00 High Jump [m]  
1:00 Weight Throw [m]  
1:00 Long Jump [m]  
1:00 High Jump [w]

##### **Track Events:**

11:00 Mile [w]  
11:15 Mile [m]  
11:30 55m Hurdle final [w]  
11:40 55m Hurdle final [m]  
11:50 400m [w]  
12:10 400m [m]  
12:30 500m [w]  
12:50 500m [m]  
1:10 55m Dash final [w]  
1:15 55m Dash final [m]  
1:20 800m [w]  
1:35 800m [m]  
1:50 1000m [w]  
2:10 1000m [m]  
2:30 200m [w]  
2:50 200m [m]  
3:05 3000m [w]  
3:20 3000m [m]  
3:35 4x400m [w]  
3:55 4x400m [m]  
4:15 4x800m [w]  
4:35 4x800m [m]

##### **Preferred Lanes:**

Straight – 4,5,3,6,2,7,1,8

Oval (200, 400, 500, 4x200, 4x400) – 4,5,3,6,2