

SUNYAC Indoor Track and Field Championships

Saturday, February 28, 2009

At Hobart William-Smith

Schedule of Events

Women's Events	Time	Men's Events
20-lb Weight Throw	9:00am	
	10:00	35-lb Weight Throw#
	9:00	Long Jump
High Jump	10:00	
Pole Vault	10:00	
55m Hurdles Trial	11:00	
	11:15	55m Hurdles Trial
55m Dash	11:30	
	11:40	55m Dash
5000m	11:50	
Long Jump*	12:00pm	
	12:00	High Jump#
Shot Put	12:00	
	12:15	5000m
Mile	12:35	
	12:50	Mile
	1:00	Pole Vault
400m Sections	1:05	
	1:15	400m Sections
55m Hurdles Final	1:25	
	1:30	Triple Jump
	1:35	55m Hurdles Final
55m Dash Final	1:45	
	1:55	55m Dash Final
	2:00	Shot Put
800m	2:05	
	2:20	800m
200m	2:35	
	2:45	200m
3000m	2:55	
Triple Jump	3:00	
	3:10	3000m
Distance Medley Relay	3:25	
	3:45	Distance Medley Relay
1600m Relay	4:05	
	4:15	1600m Relay

* OR immediately following same men's event, whichever is first

OR immediately following same women's event, whichever is first