2010 Valentine Schedule – Tentative, Final Schedule will be posted on Wednesday, 2/10/10
Entry deadline: midnite, Monday, 2/8/10 via http://direct athletics.com

Friday 2/12/10	All Women's Events Except DMR		Saturday 2/13/10	All Men's Events Except DMR
2:55	Hurdle trials		10:45	Women's DMR, fastest section
3:15	55 trials		10:59	Women's DMR, second section
3:40	400		11:13	Women's DMR, slowest section
4:05	500		11:30	Hurdles, fast to slow, 2 section final after trials
4:25	Mile run		11:55	55 Meters, fast to slow 2 section final after trials
5:15	200		12:45	400 meters, fast to slow
5:45	800		1:40	500 meters, fast to slow
6:40	1k		2:10	One mile, fast to slow
6:55	4x4		3:40	200 meters, fast to slow
7:25	2 fastest heats 3k		4:30	800 meters, fast to slow
7:45	1 heat 5k (fastest heat)		5:15	1000 meters, fast to slow
8:00	2 heats of men's dmr		5:45	4x400, fast to slow
8:25	Remaining 3k's		6:20	3k, Slow to fast
8:45	Remaining 5k's		8:00	5k, fast to slow
	Friday Field Events			**Saturday Field Events**
3:00	Long Jump, over 4.90m measured		11:00	Pole Vault, 12' opener
4:00	Shot Put, Pole Vault (9' opener), High Jump (5' opener)		11:00	High Jump, 5'10” opener
	Triple jump follows long jump			
	Weight throw follows shot put		11:00	Shot Put, over 12.8m measured.
			11:00	Long Jump, over 6m measured.
				Triple jump follows long jump
				Weight throw follows shot put