

2009 MEYO INVITATIONAL FINAL REVISED SCHEDULE

Friday, February 6

5:00	P.M.	Long Jump	Women – Men to Follow
5:30	P.M.	20 lb / 35 lb Weight Throw	Women - Men to Follow
6:00	P.M.	Men's Pole Vault	
7:00	PM	Women's High Jump	
6:00	P.M.	Women's 5000 Meter Run	
6:40	P.M.	Men's 5000 Meter Run	
7:15	P.M.	Women's Distance Medley Relay	
7:30	P.M.	Men's Distance Medley Relay	
7:50	PM	Women's 300 Meter Dash	
8:10	PM	Men's 300 Meter Dash	
8:30	PM.	Women's 1000 Meter Run	
8:40	PM.	Men's 1000 Meter Run	
8:55	PM	Women's 500 Meter Run	
9:15	PM	Men's 500 Meter Run	

Saturday, February 7

Morning Session – Unseeded Sections in Running Events

9:00	AM	Women's 3000 Meter Run	Sections 1-2
9:30	AM	Men's 3000 Meter Run	Sections 1-2
10:00	AM	Women's 60 Meter Hurdles (7 Heats)	Trials Top 12 times to 2 section final
10:20	AM	Men's 60 Meter Hurdles (6 Heats)	Trials Top 12 times to 2 section final
10:40	AM	Women's 60 Meter Dash (7 Heats)	Trials Top 12 times to 2 section final
11:00	AM	Men's 60 Meter Dash (7 Heats)	Trials Top 12 times to 2 section final
11:00	AM	Men's Triple Jump	
11:00	AM	Women's Pole Vault	
11:00	AM	Shot Put	Women – Men to follow
11:20	AM	Women's Mile Run	Sections 1-3
11:45	AM	Men's Mile Run	Sections 1-3
12:10	PM	Women's 400 Meter Dash	Sections 1-8
12:35	PM	Men's 400 Meter Dash	Sections 1-9
1:05	PM	Women's 800 Meter Run	Sections 1-5
1:25	PM	Men's 800 Meter Run	Sections 1-4
1:45	PM	Women's 200 Meter Dash	Sections 1-7
2:00	PM	Men's 200 Meter Dash	Sections 1-7

Afternoon Session – Invitational Sections in Running Events

1:00	PM	Men's High Jump	
2:00	PM	Women's Triple Jump	
2:30	PM	Meyo Men's Mile	
2:40	PM	Women's Mile	Section 4
2:50	PM	Women's 60 Meter Hurdles Final	
3:00	PM	Men's 60 Meter Hurdles Final	
3:05	PM	Women's 60 Meter Dash Final	
3:10	PM	Men's 60 Meter Dash Final	
3:15	P.M.	Women's 400 Meter Dash	Sections 9-10
3:20	P.M.	Men's 400 Meter Dash	Sections 10-11
3:25	P.M.	Women's 800 Meter Run	Sections 6-7
3:30	P.M.	Men's 800 Meter Run	Sections 5-6
3:40	P.M.	Women's 200 Meter Dash	Sections 8-9
3:45	P.M.	Men's 200 Meter Dash	Sections 8-9
3:50	P.M.	Women's 3000 M Run	Section 3
4:05	P.M.	Ryan Shay Men's 3000 M Run	Section 3
4:20	P.M.	Women's 4 x 400 Meter Relay	
4:35	P.M.	Men's 4 x 400 Meter Relay	