

Southwestern Oregon CC Track Meet

Saturday – May 15, 2010
Meet Time Schedule

Field Events

8:00 AM – 10:00 AM	Implement Weigh-Ins	
11:00 AM	Women's Discus Women's High Jump Men's Long Jump (women to follow)	Men's Hammer Women's Pole Vault
1:00 PM	Women's Hammer Men's Pole Vault	Men's Discus Men's High Jump
2:00 PM	Men's Triple Jump (follow Women)	
3:00 PM	Women's Shot Put Men's Javelin	Men's Shot (follow Women) Women's Javelin (follow men)

Track Events

11:15 AM	Women's 3,000 Meter Steeplechase
11:40 AM	Men's 3,000 Meter Steeplechase
12:00 AM	Women's 4 x 100 Meter Relay
12:15 AM	Men's 4 x 100 Meter Relay
12:30 AM	Women's 1,500 Meters
12:45 AM	Men's 1,500 Meters
1:05 PM	Women's 100 Meter High Hurdles
1:25 PM	Men's 110 Meter High Hurdles
1:45 PM	Women's 400 Meters
2:00 PM	Men's 400 Meters
2:15PM	Women's 100 Meters
2:30 PM	Men's 100 Meters
2:45 PM	Women's 800 Meters
3:00 PM	Men's 800 Meters
3:20 PM	Women's 400 Meter Intermediate Hurdles
3:35 PM	Men's 400 Meter Intermediate Hurdles
3:50 PM	Women's 200 Meters
4:05 PM	Men's 200 Meters
4:20 PM	Women's 5,000 Meters
4:45 PM	Men's 5,000 Meters
5:10 PM	Women's 4 x 400 Meter Relay
5:25 PM	Men's 4 x 400 Meter Relay
5:45 PM	NWAACC Southern Region Championships Awards