

Schedule of Events
2010 MIAA Outdoor Track & Field Championships
Pittsburg State University

Saturday, May 8

Field Events (all finals)

11:00 a.m.	Hammer (men)
12:30 p.m.	Long Jump (women) Pole Vault (women)
1:15 p.m.	Hammer (women)
2:30 p.m.	Long Jump (men) Pole Vault (men)
3:15 p.m.	Javelin (men)
5:00 p.m.	Javelin (women)

Track Events

4:00 p.m.	100 m hurdles (women)	prelim
4:15 p.m.	110 m hurdles (men)	prelim
4:30 p.m.	400 meters (women)	prelim
4:45 p.m.	400 meters (men)	prelim
5:00 p.m.	100 meters (women)	prelim
5:10 p.m.	100 meters (men)	prelim
5:25 p.m.	800 meters (women)	prelim
5:40 p.m.	800 meters (men)	prelim
5:55 p.m.	400 m hurdles (women)	prelim
6:05 p.m.	400 m hurdles (men)	prelim
6:20 p.m.	200 meters (women)	prelim
6:35 p.m.	200 meters (men)	prelim
6:50 p.m.	10,000 meters (women)	final
7:35 p.m.	10,000 meters (men)	final

Sunday, May 9

Field Events (all finals)

12:00 p.m.	Discus (women) Shot Put (men) High Jump (men) Triple Jump (women)
2:00 p.m.	Discus (men) High Jump (women) Triple Jump (men) Shot Put (women)

Track Events (all finals)

1:15 p.m.	National Anthem
1:30 p.m.	4 x 100 m relay (women) [2 sections] 4 x 100 m relay (men) [2 sections]
1:50 p.m.	3000 m steeplechase (women) 3000 m steeplechase (men)
2:20 p.m.	1500 meters (women) 1500 meters (men)
2:45 p.m.	100 m hurdles (women) 110 m hurdles (men)
3:00 p.m.	400 meters (women) [2 sections] 400 meters (men) [2 sections]
3:20 p.m.	100 meters (women) 100 meters (men)
3:30 p.m.	800 meters (women) 800 meters (men)
3:50 p.m.	400 m hurdles (women) [2 sections] 400 m hurdles (men) [2 sections]
4:10 p.m.	200 meters (women) [2 sections] 200 meters (men) [2 sections]
4:30 p.m.	5,000 meters (women) 5,000 meters (men)
5:20 p.m.	4 x 400 m relay (women) [2 sections] 4 x 400 m relay (men) [2 sections]
5:45 p.m.	Awards Ceremony