



Fort Hays State Qualifier



Thursday, May 13, 2010

Time Schedule

Field Events –

- 3:00 – Men's High Jump followed by Women
- 3:00 – Women Hammer followed by Men
- 3:00 – M & W Long Jump followed by Triple Jump
- 3:00 – Men's Discus followed by Women
- 3:00 – W Pole Vault followed by Men

After the above or about 5:00 –

- Women's Javelin followed by Men
- Men's Shot followed by Women

Running Events - Finals Only

We will have a rolling schedule, but will allow ample rest if events are cancelled.

- 4:00 4 x 800 W, M
- 3,000m W
- 3,000m Steeplechase M,W
- 4x100m Relay W,M
- 1500m W, M
- 100/110 Hurdles W,M
- 400m W,M
- 100m W,M
- 800m W
- 800m M
- 400m H W,M
- 200m W,M
- 5,000m W,M
- 4x400m Relay W
- 4x400m Relay M
- 10,000m M & W (combined)

On-line entries will be due on Wednesday by NOON. \$7 per athlete or \$80 per team.

On-line entry link: <http://www.aspimeetz.com/13855>