

Beaver Relays

Saturday, March 6, 2010

Beaver Stadium

American River College

<u>Women's Events</u>		<u>Men's Events</u>		
10:00 AM	SHOT PUT		10:00 AM	JAVELIN
10:00 AM	DISCUS		10:00 AM	HAMMER (outside stadium)
11:00 AM	LONG JUMP		11:00 AM	LONG JUMP
11:30 AM	POLE VAULT (7'0" Opening height)		11:00 AM	HIGH JUMP (main stadium)
2:00 PM	HAMMER		1:00 PM	SHOT PUT
2:00 PM	HIGH JUMP (main stadium)		1:00 PM	DISCUS
2:00 PM	JAVELIN		2:00 PM	TRIPLE JUMP
2:30 PM	TRIPLE JUMP		2:30 PM	POLE VAULT (10'6" Opening Height)
10:30 AM	10,000 meter run (under 40:00 ONLY)	men		section 1
11:10 AM	5,000 meter run (under 25:00 ONLY)	women		section 1
11:40 AM	100 low hurdles (Top 27)	women		section 1
11:45 AM				section 2
11:55 AM	110 high hurdles (Top 27)	men		section 1
12:00 PM				section 2
12:05 PM				section 3
12:15 PM	Distance Medley (1200-400-800-1600)	women		section 1
12:35 PM	Distance Medley (1200-400-800-1600)	men		section 1
12:50 PM	4 x 100	women		section 1
1:05 PM	4 x 100	men		section 1
1:10 PM				section 2
1:25 PM	4 x 800	women		section 1
1:40 PM	4 x 800	men		section 1
1:50 AM	100 meter dash (*athletes not on 4x100)	women		section ?
1:55 PM	100 meter dash (*athletes not on 4x100)	men		section ?
2:15 PM	Community 1 Mile Run	men & women		
Official's Lunch Break				
2:35 PM	400 low hurdles (Top 27)	women		section 1
2:40 PM				section 2
2:50 PM	400 intermediate hurdles (Top 27)	men		section 1
2:55 PM				section 2
3:00 PM				section 3
3:10 PM	sprint medley (200-200-400-800)	women		section 1
Rolling	sprint medley (200-200-400-800)	men		section 1
schedule	4 x 200	women		section 1
from	4 x 200	men		section 1
Sprint				section 2
Medley	1500	women		section 1
through	1500	men		section 1 & 2?
4x400	4 x 1600	combined	women & men	section 1
	4 x 100 throwers= relay	women		section 1
	4 x 100 throwers= relay	men		section 1
	4 x 400	women		section 1
				section 2
	4 x 400	men		section 1
				section 2
				section 3