

2009 Stanford Track & Field Invitational Tentative Schedule of Events
Friday, March 27, 2009
Friday Running Events

| Time | Events | Section/Advancement Procedure | NCAA Regional Qualifying Mark | NCAA Automatic Qualifying Mark |
|---------|---------------------------|----------------------------------|-------------------------------|--------------------------------|
| 11:00am | M - 5000m | #4 | 14:12.00 FAT | |
| 11:18am | W - 5000m | #4 | 16:52.00 FAT | |
| 11:45am | W - 1000m Prelims | Prelims: 4 Races, Top 9 to Final | 13.92 FAT | |
| 12:06pm | M - 110mH Prelims | Prelims: 4 Races, Top 9 to Final | 14.30 FAT | |
| 12:27pm | W - 100m Prelims | Prelims: 4 races, Top 9 to Final | 11.75 FAT | |
| 12:40pm | W - 1500m Prelims | Prelims: 5 races, Top 9 to Final | 10.55 FAT | |
| 1:05pm | W - 1500m | #4 and #5 | 4:27.80 FAT | |
| 1:17pm | M - 1500m | #4 and #5 | 3:47.80 FAT | |
| 1:28pm | W - 100m | FINAL | 11.75 FAT | |
| 1:31pm | M - 100m | FINAL | 10.55 FAT | |
| 1:38pm | G - 3000m | 2 races | | |
| 2:01pm | B - 3000m | 2 races | | |
| 2:25pm | G - 400mH | 4 races | | |
| 2:38pm | W - 400mH | 3 races | 1:00.82 FAT | |
| 2:50pm | B - 400mH | 4 races | | |
| 3:05pm | M - 400mH | 4 races | 52.51 FAT | |
| 3:23pm | G - Distance Medley Relay | 2 races | | |
| 3:55pm | B - Distance Medley Relay | 2 races | | |
| 4:30pm | W - 400M | 5 races | 54.61 FAT | |
| 4:45pm | M - 400M | 5 races | 47.20 FAT | |
| 5:00pm | Break | | | |
| 5:30pm | W - 3000m Steeple | #2 | 10:50.25 FAT | |
| 5:45pm | W - 3000m Steeple | #1 | 10:50.25 FAT | |
| 5:50pm | M - 3000m Steeple | #2 | 9:07.00 FAT | |
| 6:12pm | M - 3000m Steeple | #1 | 9:07.00 FAT | |
| 6:28pm | W - 1500m | #3 | 4:27.80 FAT | |
| 6:32pm | W - 1500m | #2 | 4:27.80 FAT | |
| 6:38pm | W - 1500m | #1 | 4:27.80 FAT | |
| 6:46pm | M - 1500m | #3 | 3:47.80 FAT | |
| 6:52pm | M - 1500m | #2 | 3:47.80 FAT | |
| 6:58pm | M - 1500m | #1 | 3:47.80 FAT | |
| 7:07pm | W - 5000m | #3 | 16:52.00 FAT | |
| 7:27pm | W - 5000m | #2 | 16:52.00 FAT | |
| 7:47pm | M - 5000m | #3 | 14:12.00 FAT | |
| 8:05pm | M - 5000m | #2 | 14:12.00 FAT | |
| 8:23pm | W - 5000m | #1 | 16:52.00 FAT | |
| 8:42pm | M - 5000m | #1 | 14:12.00 FAT | |
| 8:58pm | W - 10000m | #1 | 35:00.00 PRO | 33:30.00 AUT |
| 9:26pm | M - 10000m | #1 | 29:30.00 PRO | 28:45.00 AUT |
| 10:10pm | W - 10000m | #2 | 35:00.00 PRO | 33:30.00 AUT |
| 10:48pm | M - 10000m | #2 | 29:30.00 PRO | 28:45.00 AUT |

Friday Field Events

| Time | Event | NCAA Regional Qualifying Mark | Minimum Measurements |
|---------|------------------------------------|------------------------------------|----------------------|
| 9:00AM | M - Javelin Collegiate | 1 Flight, 4 Throws | 61.60 m |
| 10:30AM | M - Javelin Invitational | 1 Flight of 14, Top 9 to Final | 61.60 m |
| 10:30AM | W - Shot Put Invitational (Ring 1) | 1 flight of 14, Top 9 to Final | 14.30 m |
| 10:30AM | W - Shot Put Collegiate (Ring 2) | 1 flight of 14, ONLY 4 Throws Each | 14.30 m |
| 11:30AM | M - Long Jump Invitational | 1 Flight of 12, Top 9 to Final | 7.34 m |
| 11:30AM | M - Long Jump Invitational | 1 Flight of 12, Top 9 to Final | 7.34 m |
| 12:30PM | M - Shot Put Invitational (Ring 1) | 1 flight of 12, ONLY 4 Throws Each | 16.80 m |
| 12:30PM | M - Shot Put Collegiate (Ring 2) | 1 flight of 14, Top 9 to Final | 16.80 m |
| 12:30PM | W - Javelin Invitational | 1 flight of 14, Top 9 to Final | 43.45 m |
| 1:00PM | M - High Jump | 2 Pits | 2.10 m |
| 2:15PM | M - Long Jump Collegiate | 1 flight of 12, ONLY 4 Jumps Each | 7.34 m |
| 2:15PM | W - Long Jump Collegiate | 1 flight of 12, ONLY 4 Jumps Each | 6.00 m |
| 2:30PM | W - Javelin Collegiate | 1 Flight, 4 Throws | 43.45 m |
| 3:00PM | G - Shot Put (Ring 1) | 1 flight of 12, ONLY 4 Throws Each | 30'0" |
| 3:00PM | G - Shot Put (Ring 2) | 1 flight of 12, ONLY 4 Throws Each | 30'0" |
| 3:00PM | W - High Jump | 2 Pits | 1.75 m |
| 4:30PM | M - Discus Collegiate | 1 flight of 14, ONLY 4 Throws Each | 47.30 m |
| 4:30PM | B - Long Jump | 2 flights of 12, ONLY 4 jumps Each | 20'6" |
| 4:30PM | G - Long Jump | 2 flights of 12, ONLY 4 jumps Each | 16'6" |
| 5:30PM | B - Pole Vault Invitational | 5 Alives | |
| 5:30PM | B - Shot Put (Ring 1) | 1 flight of 12, ONLY 4 Throws Each | 44'0" |
| 5:30PM | B - Shot Put (Ring 2) | 1 flight of 12, ONLY 4 Throws Each | 44'0" |
| 5:30PM | G - High Jump Invitational | 2 Pits | |
| 6:00PM | M - Discus Collegiate | 1 flight of 14, ONLY 4 Throws Each | 51.70 m |

2009 Stanford Track & Field Invitational Tentative Schedule of Events
Saturday, March 28, 2009
Saturday Running Events

| Time | Events | Section | NCAA Regional Qualifying Mark | NCAA Automatic Qualifying Mark |
|---------|-------------------------------|----------------------------------|-------------------------------|--------------------------------|
| 9:00am | G - 4X100m Relay | 5 races | | |
| 9:25am | B - 4X100m Relay | 5 races | | |
| 9:50am | G - mile | 2 races | | |
| 10:05am | B - mile | 2 races | | |
| 10:20am | G - 1000mH | Prelims: 4 races, Top 9 to Final | | |
| 10:40am | B - 110mH | Prelims: 4 races, Top 9 to Final | | |
| 11:00am | G - 100m | Prelims: 6 races, Top 9 to Final | | |
| 11:15am | B - 100 m | Prelims: 7 races, Top 9 to Final | | |
| 12:00pm | Loni Maynard Kids Half Lapper | 10 races | | |
| 12:30pm | W - 4X100 Relay | 2 races | | |
| 12:38pm | M - 4X100 Relay | 2 races | | |
| 12:46pm | G - 4X100 Relay | FINAL | | |
| 12:50pm | B - 4X100 Relay | FINAL | | |
| 12:54pm | G - 4X800m Relay | 2 races | | |
| 1:24pm | B - 4X800m Relay | 2 races | | |
| 1:54pm | W - 800m | 5 races | 2:09.80 FAT | |
| 2:14pm | M - 800m | 5 races | 1:50.40 FAT | |
| 2:30pm | W - 200m | 4 races | 23.96 FAT | |
| 2:45pm | M - 200m | 4 races | 21.55 FAT | |
| 3:00pm | G - 400m | 4 races | | |
| 3:15pm | B - 400 | 5 races | | |
| 3:40pm | G - 100H | FINAL | | |
| 3:46pm | W - 100H | FINAL | 13.92 FAT | |
| 3:50pm | B - 110mH | FINAL | | |
| 3:57pm | M - 110mH | FINAL | 14.30 FAT | |
| 4:07pm | G - 100m | FINAL | | |
| 4:11pm | B - 100m | FINAL | | |
| 4:15pm | W - 4X400m Relay | 2 races | | |
| 4:31pm | M - 4X400m Relay | 2 races | | |
| 4:41pm | G - 4X400m Relay | 4 races | | |
| 5:11pm | B - 4X400m Relay | 4 races | | |

Saturday Field Events

| Time | Event | NCAA Regional Qualifying Mark | Minimum Measurement |
|---------|------------------------------|-------------------------------------|---------------------|
| 9:00AM | B - Discus | 2 flights of 12, ONLY 4 throws Each | 44'0" |
| 9:00AM | B - Triple Jump | 2 flights of 12, ONLY 4 jumps Each | 44'0" |
| 9:00AM | G - Triple Jump | 2 flights of 12, ONLY 4 jumps Each | 35'6" |
| 9:00AM | G - Inv Pole Vault | 5 Alives | |
| 9:00AM | W - Hammer Collegiate | 1 flight of 12, ONLY 4 throws Each | 54.15 m |
| 10:45AM | W - Hammer Invitational | 1 Flight of 12, Top 9 to Final | 54.15 m |
| 11:15AM | G - Discus | 2 flights of 12, ONLY 4 throws Each | 100'0" |
| 11:30AM | B - High Jump Invitational | 2 pits | |
| 12:00PM | M - Pole Vault | 5 Alives | 5.05 m |
| 12:00PM | M - Triple Jump Invitational | 1 Flight of 12, Top 9 to Final | 15.00 m |
| 12:00PM | W - Triple Jump Invitational | 1 Flight of 12, Top 9 to Final | 12.32 m |
| 1:30PM | M - Discus Invitational | 1 Flight of 12, Top 9 to Final | 51.70 m |
| 1:30PM | M - Hammer Collegiate | 1 flight of 12, ONLY 4 throws Each | 56.80 m |
| 2:30PM | W - Pole Vault | 5 Alives | 3.85 m |
| 2:30PM | M - Triple Jump Collegiate | 1 flight of 12, ONLY 4 jumps Each | 15.00 m |
| 3:00PM | M - Hammer Invitational | 1 Flight of 12, Top 9 to Final | 56.80 m |
| 3:30PM | W - Discus Invitational | 1 Flight of 12, Top 9 to Final | 47.30 m |