

MIT OUTDOOR TRACK ORDER OF EVENTS AND TIME SCHEDULE

4/17/10 Spring Invitational

<u>TIME</u>	<u>FIELD</u>	<u>TIME</u>	<u>RUNNING</u>
12:00	Hammer (women first)	12:00	3000 Steeplechase
	Javelin (men first)		400 Relay
	Pole Vault (men first)		
	Long Jump (men and women)		1500
1:30	High Jump (women first)		110 HH (Sections on time)
3:00	Discus (men and women)		400
3:00	Shot Put (men and women)		100 (Sections on time)
			800
			400 IH
			200
			5000
			1600 Relay
			10,000 (M&W)

TRACK INFORMATION

1. 400 Meter Super X Directional Mondo track (8 lanes) (maximum of 1/4" pyramid spikes – no pins)
2. Cement circles for Hammer, Discus, and Shotput

ADDITIONAL INFORMATION

1. Meet to be conducted by NCAA Rules.
2. Throwing implements will be weighed prior to competition.
3. All running events will be conducted in sections on time with the fastest section last
4. Starting Heights in the PV, and HJ will be decided by the games committee (head coaches of competing teams) prior to the start of competition.
5. Increments for the PV will be 15cm. and for the HJ 5cm.. Jumpers and Vaulters may have one run-through without the bar at their entering height.
6. Flights of 7-12 will take place in all other field events unless weather dictates the need for 1 flight. 8 to the finals
7. Seeding and Lane assignments will be done by computer
8. Upon arriving at the Steinbrenner Track, please come to the scorer's table in the press box to announce any changes in your entries.

- 9. Unlimited entries per event at a cost of \$10.00 per athlete, per event (\$300 max. per team per gender) on the original roster. Please do not mail a check but bring check or cash with you to the meet. No entry fee, no compete.**

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Todd Linder
Associate Head Coach
Patrick Barragan
Assistant Coach (vault)
Summer Hutcheson
Assistant Coach (mid-distance)
Uzoma Orji
Assistant Coach (throws)
Jeff Paterno
Assistant Coach (running)
Pete Sampson
Assistant Coach (recruiting)
Kathrine Wallace
Assistant Coach (jumps / strength)
Chi-Fong Wang
Assistant Coach (javelin)