

2010 AMERICA EAST INDOOR TRACK/FIELD CHAMPIONSHIP

SCHEDULE OF EVENTS

DAY ONE

10:00 a.m. – Finals

Pentathlon (women)

- 55 Meter Hurdles (10:00 a.m.)
- High Jump
- Shot Put
- Long Jump
- 800 Meter Run

Heptathlon (men)

- 55 Meter Dash (10:30 a.m.)
- Long Jump
- Shot Put
- High Jump

3:00 p.m. - Unseeded Finals
5000 Meter Run (women)

3:00 p.m. - Finals
Weight Throw (women)
Pole Vault (women)

3:30 p.m. - Prelims
55 Meter Hurdles (women)

3:30 p.m. - Finals
Long Jump (women)

3:45 p.m. - Prelims
400 Meter Dash (women)

4:05 p.m. - Prelims
500 Meter Dash (women)

4:20 p.m. - Prelims
55 Meter Dash (women)

4:35 p.m. - Seeded Finals
5000 Meter Run (women)

4:55 p.m. - Prelims
200 Meter Dash (women)

5:10 p.m. - Finals
Distance Medley (women)

5:30 p.m. - Finals
Weight Throw (men)
Pole Vault (men)

5:30 p.m. - Unseeded Finals
5000 Meter Run (men)

5:50 p.m. - Prelims
55 Meter Hurdles (men)

6:05 p.m. - Prelims
400 Meter Dash (men)

6:25 p.m. - Prelims
500 Meter Dash (men)

6:30 p.m. - Finals
Long Jump (men)

6:40 p.m. - Prelims
55 Meter Dash (men)

6:55 p.m. - Seeded Finals
5000 Meter Run (men)

7:15 p.m. - Prelims
200 Meter Dash (men)

7:30 p.m. Finals
Distance Medley (men)

2010 AMERICA EAST INDOOR TRACK/FIELD CHAMPIONSHIP

SCHEDULE OF EVENTS

DAY TWO

10:00 a.m. - Finals Heptathlon (men) • 55 Meter Hurdles • Pole Vault • 1000 Meter Run	1:05 p.m. - Finals 800 Meter Run (women)
11:55 a.m. - Finals 1 Mile Run (women)	1:15 p.m. - Finals 800 Meter Run (men)
12:00 p.m. - Finals Shot Put (women) High Jump (women) Triple Jump (men)	1:25 p.m. - Finals 1000 Meter Run (women)
12:10 p.m. - Finals 1 Mile Run (men)	1:30 p.m. - Finals High Jump (men)
12:25 p.m. - Finals 55 Meter Hurdles (women)	1:35 p.m. - Finals 1000 Meter Run (men)
12:30 p.m. - Finals 55 Meter Hurdles (men)	1:45 p.m. - Finals 200 Meter Dash (women)
12:35 p.m. - Finals 400 Meter Dash (women)	1:55 p.m. - Finals 200 Meter Dash (men)
12:40 p.m. - Finals 400 Meter Dash (men)	2:00 p.m. - Finals Shot Put (men) Triple Jump (women)
12:45 p.m. - Finals 500 Meter Dash (women)	2:05 p.m. - Finals 3000 Meter Run (women)
12:50 p.m. - Finals 500 Meter Dash (men)	2:25 p.m. - Finals 3000 Meter Run (men)
12:55 p.m. - Finals 55 Meter Dash (women)	2:50 p.m. - Finals 4x800 Meter Relay (women)
1:00 p.m. - Finals 55 Meter Dash (men)	3:00 p.m. - Finals 4x800 Meter Relay (men)
	3:10 p.m. - Finals 4x400 Meter Relay (women)
	3:20 p.m. - Finals 4x400 Meter Relay (men)