

**2014 MEAC Track & Field Championship  
Adjusted Schedule of Events**

**Friday- February 14**

7:00AM – 9:00AM	Teams Practices	
8:00AM - 8:30AM	Coaches Meeting Mandatory Attendance (Prince George's Sports Complex)	
9:00AM	Men's Heptathlon 60 Meter Dash Men's Heptathlon Long Jump Men's Heptathlon Shot Put Men's Heptathlon High Jump	
11:00AM	Women High Jump	Final
12:00PM	Women 5000 Meter Run	Final
12:00PM	Men Weight	Final
12:30PM	Men 5000 Meter Run	Final
1:00PM	Women Long Jump (East)	Final
1:00PM	Women 800 Meter Run	Final
1:15PM	Men 800 Meter Run	Final
1:35PM	Women 60 Meter Hurdles	Prelim
1:55PM	Men 60 Meter Hurdles	Prelim
2:15PM	Women 400 Meter Dash	Prelim
2:15PM	Women Weight	Final
2:30PM	Men 400 Meter Dash	Prelim
2:30PM	Men Pole Vault	Final
2:55PM	Women 60 Meter Dash	Prelim
3:10PM	Men 60 Meter Dash	Prelim
3:30PM	Men Long Jump	Final
5:00PM	Women 200 Meter Dash	Prelim

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5:30PM	Men 200 Meter Dash	Prelim
6:00PM	Women Distance Medley	Final
6:15PM	Men Distance Medley	Final

**Saturday- February 15**

9:00AM	Women's Pentathlon 60 Meter Hurdles Women's Pentathlon High Jump Women's Pentathlon Shot Put Women's Pentathlon Long Jump Women's Pentathlon 800 Meter Run	
9:30AM	Men's Heptathlon 60 Meter Hurdles Men's Heptathlon Pole Vault Men's Heptathlon 1000 Meter Run	
12:00PM	Women Pole Vault	Final
12:45PM	Women Triple Jump	Final
1:00PM	Men Shot Put	Final
1:00PM	Women Mile Run	Final
1:20PM	Men Mile Run	Final
1:30PM	Men Triple Jump (West)	Final
1:35PM	Women 400 Meter Dash	Final
1:45PM	Men 400 Meter Dash	Final
1:55PM	Women 60 Meter Hurdle	Final
2:00pm	Men High Jump (West)	Final
2:05PM	Men 60 Meter Hurdle	Final
2:15PM	Women 60 Meter Dash	Final
2:25PM	Men 60 Meter Dash	Final

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2:30PM	Women Shot Put	Final
2:35PM	Women 200 Meter Dash	Final
2:45PM	Men 200 Meter Dash	Final
2:55PM	Women 3000 Meter Run	Final
3:10PM	Men 3000 Meter Run	Final
3:25PM	Women 1600 Meter Relay	Final
3:40PM	Men 1600 Meter Relay	Final

**AWARDS CEREMONY IMMEDIATELY FOLLOWING THE LAST EVENT.**