

WU/WOU/UORC MEET
SATURDAY, MARCH 13-14, 2009

FRIDAY, MARCH 13, 2009

3:00 pm	<u>Decathlon</u>	<u>Heptathlon</u>
	3:10pm - 100m	3:00pm – HH
	3:40pm - LJ	3:30pm - HJ
	4:25pm - SP	4:30pm - SP
	5:25pm - HJ	5:15pm - 200
	6:10pm – 400m	
4:00 pm	Men’s Discus (Women to follow)	

SATURDAY, MARCH 14, 2008

FIELD EVENTS (3 ATTEMPTS, TOP 9 ADVANCE TO FINAL IN THROWS & LONG JUMPS)

10:30 am	Men’s Hammer (Women to follow) @ 1850 Oxford St. SE, Salem Followed by Shot Put
10:30 am	Women’s Pole Vault (Men to follow)
10:30 am	Women’s Long Jump (Men to follow) Followed by High Jump (Women then Men)
1:15 pm	Women’s Javelin (Men to follow)

TRACK EVENTS

		<u>Decathlon</u>	<u>Heptathlon</u>
11:30 am	Decathlon 110m Hurdles	11:30am - HH	12:30pm - LJ
11:40 am	Women’s 3000m Steeplechase	12:00pm - DT	1:15pm - JT
12:00 pm	Men’s 3000m Steeplechase	1:00pm - PV	2:00pm - 800
12:20 pm	Women’s 1500m	2:15pm - JT	
12:30 pm	Men’s 1500m (2 heats)	3:00pm - 1500	
12:50 pm	Women’s 100m		
12:55 pm	Men’s 100m (2 heats)		
1:05 pm	Women’s 400m		
1:10 pm	Men’s 400m (2 heats)		
1:20 pm	Women’s 800m		
1:30 pm	Men’s 800m (2 heats)		
1:40 pm	Women’s 200m (2 heats)		
1:50 pm	Men’s 200m (2 heats)		
2:00 pm	Heptathlon 800m		