

2009 Wake Forest Open

2009 Final Time Schedule

Friday, March 20

Field Events

9:30am	Hammer	(women)
11:00am	Pole Vault	(women-B section)
11:00am	High Jump	(men-B section)
1:00pm	Shot Put	(women)
12:30pm	Cliff Neal Hammer	(men)
2:00pm	Triple Jump	(men and women)
2:00pm	High Jump	(men- A section)
2:00pm	Pole Vault	(women- A section)
4:30pm	Andy Bloom Shot Put	(men)
4:30pm	Javelin	(men)

** the long throws will be run on a continuous time schedule **at close to approx. time but may move up**

Running Events- women followed by men

1:00pm	Steve Brown 100m/110m Hurdles(prelims-16 top times to final; 8 heats-w/8 heats -m)
2:00pm	400m (sections on time; approx. 9 heats-w; 15 heats -m)
3:10pm	100m (prelims-16 top times to final; approx 8heats-w; 11 heats -m)
4:00pm	3000m Steeplechase (sections on time; 1 heat -women; 2 heats -men)
4:50pm	800m (sections on time; 6 heats -women; 7 heats-men)
5:50pm	Michelle Sikes 5000m (sections on time if needed; 2 heats -women; 3 heats- men)
7:30pm	Annie Bersagel 10,000m

Saturday, March 21

Field Events

9:30am	Javelin	(women)
10:00am	Pole Vault	(Men-B section)
10:00am	High Jump	(women-B section)
10:00am	Long Jump	(men and women)
12:00pm	Discus	(women then men)
1:00pm	High Jump	(women- A section)
1:00pm	Pole Vault	(men- A section)
3:00pm	Discus	(men)

** the long throws will be run on a continuous time schedule at close to approx. time but may move up**

Running Events-women followed by men

12:00pm	100m/110m Hurdles (Final- two heats 16 to final)
12:20pm	1500m (sections on time; 5 heats of women; 7 heats of men)
1:35pm	400m Relay (sections on time 4 heats for both men and women)
2:15pm	100m (Final-two heats-16 to final)
2:35pm	400m Hurdles (sections on time; approx. 6 heats-women; 8 heats-men)
3:30pm	200m (sections on time; approx. 17 heats of women; 18 heats of men)
4:15pm	3000m (sections on time; 3 heats for men and women)
5:30pm	1600m Relay (sections on time; approx. 5 heats for both men and women)