

# 2008 Charlotte 49er Classic & Combined Events

## Irwin Belk Track & Field Center

### FINAL SCHEDULE

#### 49er Classic Combined Events

##### Thursday, March 20, 2008

11:00 a.m. Heptathlon  
11:45 a.m. Decathlon

##### Friday, March 21, 2008

9:00 a.m. Decathlon  
10:00 a.m. Heptathlon

#### 49er Classic

##### Friday, March 21, 2008

###### Field Events

Noon	Hammer Throw	Women
2:00 p.m.	Long Jump	Men
2:30 p.m.	Pole Vault	Women
2:30 p.m.	Javelin Throw	Men
3:15 p.m.	Hammer Throw	Men
5:15 p.m.	Long Jump	Women
5:30 p.m.	Discus	Women

###### Running Events

2:00 p.m.	100m Hurdle Prelims	Women
2:30 p.m.	110m Hurdle Prelims	Men
2:50 p.m.	100m Dash Prelims	Women
3:15 p.m.	100m Dash Prelims	Men
3:50 p.m.	400m Dash Prelims	Women
4:30 p.m.	400m Dash Prelims	Men
5:20 p.m.	400m Hurdle Prelims	Women
5:45 p.m.	400m Hurdle Prelims	Men
6:10 p.m.	200m Dash Prelims	Women
6:50 p.m.	200m Dash Prelims	Men
7:30 p.m.	1500m Run (Sections vs Time)	Women
8:05 p.m.	1500m Run (Sections vs Time)	Men
8:40 p.m.	5000m Run Final	Women
9:10 p.m.	5000m Run Final	Men

#### Bar Progressions

Women's Pole Vault – 2.45, 2.75, 2.90, 3.05, 3.20, 3.35, 3.50, 3.65, 3.75, 3.85 continue up 10cm...

Women's High Jump – 1.50, 1.55, 1.60 continue up 5cm

Men's Pole Vault – 3.70, 4.00, 4.15 continue up 15cm

Men's High Jump – 1.80, 1.85, 1.90 continue up 5cm

#### Saturday, March 22, 2008

###### Field Events

10:00 a.m.	Shot Put	Men
10:00 a.m.	Javelin Throw	Women
11:00 a.m.	Triple Jump	Men
Noon	Pole Vault	Men
Noon	High Jump	Men
1:00 p.m.	Discus	Men
1:15 p.m.	Shot Put	Women
1:45 p.m.	Triple Jump	Women
2:15 p.m.	High Jump	Women

###### Running Events

10:15 a.m.	2000m Steeplechase	Men
10:30 a.m.	2000m Steeplechase	Women
11:00 a.m.	4x100m (Sections vs Time)	Women
11:15 a.m.	4x100m (Sections vs Time)	Men
11:35 a.m.	3000m Steeplechase	Women
11:55 a.m.	3000m Steeplechase	Men
12:25 p.m.	100m Hurdle Final	Women
12:35 p.m.	110m Hurdle Final	Men
12:45 p.m.	400m Dash Final	Women
12:50 p.m.	400m Dash Final	Men
1:00 p.m.	100m Dash Final	Women
1:05 p.m.	100m Dash Final	Men
1:15 p.m.	800m Run (Sections vs Time)	Women
1:45 p.m.	800m Run (Sections vs Time)	Men
2:10 p.m.	400m Hurdle Final	Women
2:20 p.m.	400m Hurdle Final	Men
2:30 p.m.	200m Dash Final	Women
2:35 p.m.	200m Dash Final	Men
2:45 p.m.	3000m Run (Sections vs Time)	Women
3:00 p.m.	3000m Run (Sections vs Time)	Men
3:30 p.m.	4x400m (Sections vs Time)	Women
4:00 p.m.	4x400m (Sections vs Time)	Men

#### Weigh In

Will be done in association with the check-in of each throwing event at the equipment room at the north end of the mid-level stands (Note: Weigh hammers before exiting stadium for cage to warm up).

#### Finals

If you qualify for a final on Saturday but do not intend to compete please notify the clerk as soon as possible.