

2009 Mountains vs. Beach – Time Schedule

Saturday April 4, 2009

****Tentative Meet Schedule****

Saturday March 29, 2008

Field Events

| | | |
|---------|-------------|---------------|
| 11:00am | Javelin | Women |
| | Hammer | Men |
| | Long Jump | Women |
| | High Jump | Men |
| 12:00pm | Pole Vault | Men |
| 12:30pm | Hammer | Women |
| | Javelin | Men |
| | High Jump | Women |
| | Long Jump | Men |
| 2:00pm | Pole Vault | Women |
| | Shot Put | Men |
| | Discus | Women |
| 3:00pm | Triple Jump | Men and Women |
| 3:30pm | Shot Put | Women |
| | Discus | Men |

Running Events

| | | |
|---------|---------------------|-------|
| 12:30pm | 4 x 100m Relay | Women |
| 12:35pm | 4 x 100m relay | Men |
| 12:45pm | 1500m Run | Women |
| 12:55pm | 1500m Run | Men |
| 1:05pm | 100m Hurdle | Women |
| 1:20pm | 110m Hurdle | Men |
| 1:35pm | 400m Run | Women |
| 1:45pm | 400m Run | Men |
| 1:55pm | 100m Dash | Women |
| 2:05pm | 100m Dash | Men |
| 2:15pm | 800m Run | Women |
| 2:25pm | 800m Run | Men |
| 2:40pm | 400m Hurdles | Women |
| 2:50pm | 400m Hurdles | Men |
| 3:00pm | 200m Dash | Women |
| 3:10pm | 200m Dash | Men |
| 3:20pm | 3000m Run | Women |
| 3:35pm | 3000m Run | Men |
| 3:50pm | 3000m Steeple Chase | Women |
| 4:05pm | 3000m Steeple Chase | Men |
| 4:20pm | 4 x 400m Relay | Women |
| 4:30pm | 4 x 400m Relay | Men |