2010 NISWONGER FOUNDATION INVITATIONAL SCHEDULE - REVISED AS OF 12/9/09 - Note all Changes marked in RED

KTC Indoor Track Classic Schedule = High School Shaded in Yellow

DAY 1- Friday, January 22 – Starts at 10:00 a.m.

10:00 a.m. W 60 Meter Hurdle (Top 12 Collegiate Advance) Prelims
W Triple Jump (Top 36) Finals
11:00 a.m. W Weight Throw (Top 36) Finals
11:20 p.m. M 60 Meter Hurdles (Top 12 Collegiate Advance) Prelims
12:40 p.m. W 400 Meter Dash Prelims
1:00 p.m. HS G TJ (4 jumps) (top 24) Finals 3 and 3 (7 to finals) - Mark first legal mark – minimum measurement marks enforced
1:30 p.m. M 400 Meter Dash Prelims
2:20 p.m. W 60 Meter Dash (Top 12 Collegiate Advance) Prelims
3:00 p.m. M Weight Throw (Top 36) Finals
3:10 p.m. M 60 Meter Dash (Top 12 Collegiate Advance) Prelims
4:00 p.m. HS Girls High Jump (4"4" opening height) - Finals
W Women Pole Vault Finals
M Men Triple Jump (Top 36) Finals
W 800 Meter Run (Top 24) Timed F
4:10p.m. M 800 Meter Run (Top 24) Timed F
4:20 p.m. W 200 Meter/Dash Prelims
5:40 p.m. HS G 200 Meter Dash Prelims (Top 48 entrants)
5:55 p.m. HS B 200 Meter Dash Prelims (Top 48 entrants)
6:00 p.m. W High Jump Finals
W Shot Put (Top 36) Finals
6:45 p.m. HS B TJ (4jumps) (top 24) Final 3 and 3 (7 to finals) - Mark first legal mark – minimum measurement marks enforced
7:00 p.m. HS Girls PV Finals (opening height = 9'0")
7:10 p.m. M 200 Meter/Dash Prelims
8:00 PM HS Girls Shot Put (minimum measure mark 27' – mark first legal throw) 3 and 3 (7 to finals) - Mark first legal mark – minimum measurement marks enforced
8:30 p.m. HS Girls 4 X 400 M Relay Section vs Time Finals
9:00 p.m. HS Boys 4 X 400 M Relay Section vs Time Finals

DAY 2 - Saturday, January 23 – Starts at 8:00 a.m. (A.M. Session Rolling Schedule)

8:00 a.m.
W 5000 Meter Run Finals
M 5000 Meter Run Finals
W 3000 Meter Run unseeded Finals
HS G 3000 Meter Run unseeded Finals Sections Vs Time
M 3000 Meter Run unseeded Finals
HS B 3000 Meter Run unseeded Finals Sections Vs Time
W 1 Mile Run unseeded Finals
HS G 1 Mile Run unseeded Finals Sections Vs Time
M 1 Mile Run unseeded Finals
HS B 1 Mile Run unseeded Finals Sections Vs Time
W 800 Meter Run unseeded Finals
HS G 800 Meter Run unseeded Finals Sections Vs Time
M 800 Meter Run unseeded Finals
HS B 800 Meter Run unseeded Finals Sections Vs Time
HS B Long Jump Finals (top 24 entrants – minimum measure mark 19') – will mark first legal jump) 3 and 3 (7 to finals) - Mark first legal mark – minimum measurement marks enforced
HS G Long Jump Finals (top 24 entrants – minimum measure mark 16' – will mark first legal jump) 3 and 3 (7 to finals) - Mark first legal mark – minimum measurement marks enforced

DAY 2 - Saturday, January 23

9:00 a.m.

HS B Weight Throw (do not enter this event if you have not previously thrown the indoor weight in competition) - minimum measure mark 42' - 3 and 3 (7 to finals) - Mark first legal mark – minimum measurement marks enforced

11:00 a.m.

HS Girls Weight Throw (do not enter this event if you have not previously thrown the indoor weight in competition) - minimum measure mark 27' - 3 and 3 (7 to finals) - Mark first legal mark – minimum measurement marks enforced

DAY 2 Saturday, January 23 – PM Session Field Events – will start shortly after the conclusion of the AM session field events

1:00 p.m. M Long Jump (Top 36) Finals
M Pole Vault Finals
2:00 p.m. M Shot Put Finals
M High Jump Finals
4:30 p.m. HS Boys Pole Vault Finals (Opening Height 12')
HS Boys Shot Put Finals (minimum measurement mark 38' – mark fist legal throw) 3 and 3 (7 to finals) - Mark first legal mark – minimum measurement marks enforced
4:30 p.m. HS Boys High Jump Finals (opening height 5'6")

Saturday, January 23 – PM Session – Running Events – will start shortly after the conclusion of the AM session running events

1:00 p.m. HS G 60H Prelims
1:15 p.m. HS B 60H Prelims
1:35 p.m. HS G 60 Dash Prelims
2:00 p.m. HS B 60 Sec Prelims
2:45 p.m. HS G 400 Sec Vs. Finals
3:20 p.m. HS B 400 Sec vs Time Finals
4:00 p.m. W Distance Medley (Top 12 Teams) Finals
4:15 p.m. M Distance Medley (Top 12 Teams) Finals
4:30 p.m. W 400 Meter Dash Finals
4:30 p.m. W Long Jump (Top 36) Finals
4:35 p.m. M 400 Meter Dash Finals
4:40 p.m. W 60 Meter Dash (Collegiate Timed Final) Finals
4:45 p.m. W 60 Meter Dash Invitational Finals
4:50 p.m. HS G 60 Dash Finals
4:55 p.m. M 60 Meter Dash (Collegiate Timed Final) Finals
5:00 p.m. M 60 Meter Dash Invitational Finals
5:05 p.m. HS B 60 Dash Finals
5:10 p.m. W 60 Meter Hurdles (Collegiate Timed Final) Finals
5:15 p.m. W 60 Meter Hurdles Invitational Finals
5:20 p.m. HS G 60 Hurdles Finals
5:25 p.m. M 60 Meter Hurdles (Collegiate Timed Final) Finals
5:30 p.m. M 60 Meter Hurdles Invitational Finals
5:35 p.m. HS B 60 Hurdles Finals
5:40 p.m. W 200 Meter Dash Finals
5:45 p.m. HS Girls 200 Dash Finals
5:45 p.m. M 200 Meter Dash Finals
5:50 p.m. HS B 200 Dash Finals
5:55 p.m. W 3000 Meter Invitational Finals
6:05 p.m. HS Girls 3000 Invitational Finals (top 12 verified entry times only)
6:15 p.m. M 3000 Meter Invitational Finals
6:25 p.m. HS Boys 3000 Invitational Finals (top 12 verified entry times only)
6:35 p.m. W 1 Mile Run Invitational Finals
6:40 p.m. HS Girls 1 Mile Invitational Finals (top 12 verified entry times only)
6:45 p.m. M 1 Mile Run Invitational Finals
6:50 p.m. HS Boys 1 Mile Invitational Finals (top 12 verified entry times only)
6:55 p.m. W 4 x 400 Meter Relay Section vs Time Finals
7:05 p.m. M 4 x 400 Meter Relay Section vs Time Finals