

## 2010 Keck Indoor Meet Schedule

11:00 a.m. Men's Weight Throw – women immediately to follow, Then Men's Shot followed by Women's Shot  
11:30 a.m. Men's Pole Vault – Women immediately to follow  
11:30 a.m. Women's High Jump – Men immediately to follow  
11:30 a.m. Long Jump (Men - Center Pit) Then Men's Triple jump, then women's triple jump - center pit  
11:30 a.m. Women's Long Jump (corner pit)



Throwing events will have all first legal throws measured and then there will be minimum marks to measure.

Men's Shot, Men's Weight, Women's Weight > 12.00

Women's Shot 11:00

## 10:45 IWU seniors introduced

### Running Events

*FAST sections run first. We will move ahead of schedule if possible. Top 14 advance by time in the 55 and 55 hurdles in two sections*

11:55 National Anthem  
12:00 Women's DMR  
12:20 Men's DMR  
12:35 Women's 55m Hurdle Prelims  
12:50 Men's 55m Hurdle Prelims  
1:00 Women's 55m Dash Prelims  
1:10 Men's 55m Dash Prelims  
1:25 Women's 400m  
1:45 Men's 400m  
2:00 Women's Mile  
2:20 Men's Mile  
2:40 Women's 3000  
3:05 Men's 3000  
3:30 Women's 55m Dash Finals  
3:25 Men's 55m Dash Finals  
3:35 Men's 55m Hurdle Finals  
3:40 Women's 55m Hurdle Finals  
3:50 Women's 800m  
4:05 Men's 800m  
4:15 Women's 200m  
4:35 Men's 200m  
4:50 Women's 5000m (Top 18)  
5:15 Men's 5000m (Top 18)  
5:35 Women's 4x400  
5:55 Men's 4x400