

# 2010 AMC Conference

# Championship Track Meet

## Tentative Meet Schedule

Friday, April 16 and Saturday April 17<sup>th</sup> at Walsh University

### Friday Order of Events

#### Friday Field Events:

3:00pm	Women	High Jump	FINAL
	Men	Long Jump	FINAL
	Women	Pole Vault	FINAL
	Men	Discus	FINAL
	Women	Shot Put	FINAL
5:20pm	Men	High Jump (follows women)	FINAL
	Women	Long Jump (follows men)	FINAL
	Men	Pole Vault (follows women)	FINAL
	Women	Discus (follows men)	FINAL
	Men	Shot Put (follows women)	FINAL

### Friday Running Events:

4:00pm	Men	10,000m	FINAL
4:40	Men	110HH	Prelims
4:50	Women	100HH	Prelims
5:05	Men	100m	Prelims
5:15	Women	100m	Prelims
5:25	Women	10,000m	FINAL
6:15	Men	200m	Prelims
6:25	Women	200m	Prelims
6:35	Men	4x800m Relay	FINAL
6:50	Women	4x800m Relay	FINAL

## Saturday Order of Events

### Saturday Field Events:

9:30	Men	Javelin	FINAL
	Women	Javelin	FINAL
	Men	Triple Jump	FINAL
	Women	Hammer	FINAL
11:30	Women	Triple Jump (follows men)	FINAL
	Men	Hammer (follows women)	FINAL

Saturday Running Events:

10:00am	Men	5,000 Race Walk	FINAL
10:30	Women	5,000 Race Walk	FINAL
11:00	Men	3,000m Steeplechase	FINAL
11:30	Women	3,000m Steeplechase	FINAL
11:45	Men	4x100m Relay	FINAL
11:50	Women	4x100m Relay	FINAL
11:55	Men	1500m Run	FINAL
12:05pm	Women	1500m Run	FINAL
12:25	Men	110HH	FINAL
12:30	Women	100HH	FINAL
12:40	Men	400m	FINAL
12:50	Women	400m	FINAL
1:00	Men	100m	FINAL
1:05	Women	100m	FINAL
1:10	Men	800m	FINAL
1:20	Women	800m	FINAL
1:35	Men	400m IH	FINAL
1:45	Women	400m IH	FINAL
1:55	Men	200m	FINAL
2:00	Women	200m	FINAL
2:05	Men	5,000m	FINAL
2:30	Women	5,000m	FINAL
2:55	Men	4x400m Relay	FINAL
3:05	Women	4x400m Relay	FINAL