

2010 AMC Conference

Championship Track Meet

Tentative Meet Schedule

Friday, April 16 and Saturday April 17th 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