

MARIETTA COLLEGE

MC OPEN #3 – Saturday, February 23rd, 2008 - MEET EVENT SCHEDULE

7:00 AM	FIELDHOUSE OPENS
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9:00 AM WEIGHT THROW (WOMEN THEN MEN) *4 throws*
FOLLOWED BY SHOT PUT (BOTH WOMEN AND MEN) *4 throws*
FOLLOWED BY HIGH JUMP (BOTH WOMEN AND MEN)

9:30 AM LONG JUMP (MEN THEN WOMEN) *4 jumps*
FOLLOWED BY TRIPLE JUMP (MEN THEN WOMEN) *4 jumps*

10:00 AM POLE VAULT (WOMEN THEN MEN)

9:20 AM	NATIONAL ANTHEM
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9:30 AM 5000m RUN (WOMEN THEN MEN) (**will be combined depending on # of entries*)

55m HIGH HURDLE PRELIMS (WOMEN THEN MEN) *top 7 to finals*

55m DASH PRELIMS (WOMEN THEN MEN) *top 8 to finals*

DISTANCE MEDLEY RELAY (WOMEN THEN MEN) (**will be combined depending on # of entries*)

4X200M RELAY (WOMEN THEN MEN)

MILE RUN (WOMEN THEN MEN)

500m DASH (WOMEN THEN MEN)

400m DASH (WOMEN THEN MEN)

55m HIGH HURDLE FINALS **(MEN THEN WOMEN)**

55m DASH FINALS (WOMEN THEN MEN)

1000m RUN (WOMEN THEN MEN)

800m RUN (WOMEN THEN MEN)

300m DASH (WOMEN THEN MEN)

200m DASH (WOMEN THEN MEN)

3000m RUN (WOMEN THEN MEN)

4X400M RELAY (WOMEN THEN MEN)

1. Please do not enter the infield area with spikes on – except for the high jump apron. Change spikes on the grey carpeting near the finish line or on any other part of the Mondo surface. Pole vaulters must stay on the black floor runners. No spikes in the team camp area on the brown floor covering or outside of the track area.
2. All athletes should check in at the clerks table for a hip number then report to the clerk 10 minutes prior to the start of their event to confirm her/his entry.
3. Except where indicated, events will be conducted as heats against time.
4. Faster sections will be run last in running events.
5. Spikes longer than 3/16" pyramids are **not** permitted. ¼" spikes will be accepted only on a recessed sole and on the pole vault runway.
6. Heat and lane assignments will be posted
7. Results will be posted at the conclusion of each event.
8. Absolutely no entries the day of the meet except field events.
9. Jumping surfaces are the same as the track surface (Mondo Super X).
10. Throwing surface will be wood.
11. Weight throw – bags only! Weight will be thrown from cage.
12. Implement weigh-in room - at the south end of the fieldhouse, right side.