

SATURDAY, MAY 1, 2004

Time Schedule

MAY 1, 2004

Number of entries in field events will determine number of efforts. Either 4 or 3 and 3.

- 2:00 p.m. Hammer – men – followed by women
Javelin – women – followed by men
Long Jump – Women – followed by men
Pole Vault – Women – followed by men
Triple Jump – after long jump - Women – followed by men
- 3:30 p.m. (Or upon completion of hammer) Discus – Men followed by Women
High Jump – Men – followed by women
Shot Put – Women followed by Men

Running events.

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| 3:00 | 100 mts. | Women |
| 3:10 | 100 mts | Men |
| 3:20 | 100 mt. H.H. | Women |
| 3:35 | 110 mt. HH | Men |
| 3:45 | 400 mt. | Women |
| 3:55: | 400 mt. | Men |
| 4:05 | 200 | Women |
| 4:15 | 200 | Men |
| 4:25: | 800 | Women |
| 4:35 | 800 | Men |
| 4:45 | 400LH | Women |
| 4:55 | 400IH | Men |
| 5:00 | 3k | Women |
| 5:15 | 3k sc | Men |
| 5:30 | 1500 | Women |
| 5:40 | 1500 | Men |
| 5:50 | 5k | Women |
| 6:10 | 5K | Men |

OPENING HEIGHTS

High Jump	Men – 1.80 (5'10 ¾") increments of 5 c.m. Women 1.53 (5'1/4")_ same increments
Pole Vault	Men – 4.12 (12'6 ¼") increments of 15 c.m. Women 3.05 (10") same increments.