

SCHEDULE OF EVENTS



FRIDAY, APRIL 30, 2010

Running Events:

2:15 p.m.	3,000 meter Steeplechase	Women	Finals
2:35 p.m.	3,000 meter Steeplechase	Men	Finals
2:55 p.m.	100 meter Hurdles	Women	Prelims
3:10 p.m.	110 meter High Hurdles	Men	Prelims
3:30 p.m.	400 meter Dash	Women	Prelims
3:45 p.m.	400 meter Dash	Men	Prelims
4:00 p.m.	100 meter Dash	Women	Prelims
4:15 p.m.	100 meter Dash	Men	Prelims
4:35 p.m.	800 meter Run	Women	Prelims
4:50 p.m.	800 meter Run	Men	Prelims
5:10 p.m.	400 meter Intermediate Hurdles	Women	Prelims
5:25 p.m.	400 meter Intermediate Hurdles	Men	Prelims
5:45 p.m.	200 meter Dash	Women	Prelims
6:00 p.m.	200 meter Dash	Men	Prelims
6:20 p.m.	10,000 meter Run	Women	Finals
7:00 p.m.	10,000 meter Run	Men	Finals

Field Events:

1:00 p.m.	High Jump	Women	Finals
1:00 p.m.	Discus	Women	Prelims/Finals
1:00 p.m.	Long Jump	Men	Prelims/Finals
2:00 p.m.	Shot Put	Men	Prelims/Finals
3:30 p.m.	High Jump	Men	Finals
3:30 p.m.	Long Jump	Women	Prelims/Finals
4:00 p.m.	Discus	Men	Prelims/Finals
4:00 p.m.	Shot Put	Women	Prelims/Finals



SATURDAY, MAY 1, 2010

8:45 a.m. Opening Ceremony

Running Events: (all events are Finals)

10:00 a.m.	4 x 100 meter Relay	Women
10:10 a.m.	4 x 100 meter Relay	Men
10:20 a.m.	1,500 meter Run	Women
10:35 a.m.	1,500 meter Run	Men
10:55 a.m.	100 meter Hurdles	Women
11:10 a.m.	110 meter High Hurdles	Men
11:25 a.m.	400 meter Dash	Women
11:35 a.m.	400 meter Dash	Men
11:45 a.m.	100 meter Dash	Women
11:55 a.m.	100 meter Dash	Men
12:05 p.m.	800 meter Run	Women
12:15 p.m.	800 meter Run	Men
12:30 p.m.	400 meter Intermediate Hurdles	Women
12:40 p.m.	400 meter Intermediate Hurdles	Men
12:50 p.m.	200 meter Dash	Women
1:00 p.m.	200 meter Dash	Men
1:10 p.m.	5,000 meter Run	Women
1:35 p.m.	5,000 meter Run	Men
2:00 p.m.	4 x 400 meter Relay	Women
2:10 p.m.	4 x 400 meter Relay	Men

Field Events:

8:00 a.m.	Hammer	Women	Prelims/Finals
9:00 a.m.	Triple Jump	Men	Prelims/Finals
9:00 a.m.	Pole Vault	Women	Finals
10:00 a.m.	Hammer	Men	Prelims/Finals
11:20 a.m.	Triple Jump	Women	Prelims/Finals
11:20 a.m.	Pole Vault	Men	Finals
11:30 a.m.	Javelin	Women	Prelims/Finals
1:00 p.m.	Javelin	Men	Prelims/Finals

2:30 p.m. Awards Ceremony