

JOHNSON C. SMITH UNIVERSITY

Invitational Track Meet

Irwin Belk Complex
500 N. Summit Street
Charlotte, NC 28216

April 10, 2010



Field Events:

7:30 AM

9:00 AM

10:30 AM

12:00 PM

12:30 PM

IMPLEMENT WEIGH-IN

Discus	Men followed by Women
Shot Put	Women followed by Men
Long Jump	Men (north pit, closest to javelin field)
Long Jump	Women (south pit)
Pole Vault	Women followed by Men
High Jump	Women
High Jump	Men
Javelin	Men followed by Women
Triple Jump	Men (north pit)
Triple Jump	Women (south pit)

Track Events:

9:00 AM

9:45 AM

10:30 AM

10:50 AM

11:40 AM

12:25 PM

12:55 PM

1:35 PM

2:25 PM

2:55 PM

3:30 PM

(WOMEN FOLLOWED BY MEN)

3000 Meter
5000 Meter
4 X 100 Meter Relay
100 Meter Hurdles followed by 110 Meter Hurdles
400 Meter
100 Meter
800 Meter
400 Meter Hurdles
200 Meter
1500 Meter
4 X 400 Meter Relay (3 turn Stagger)

NOTE:

1. The **2000m Steeplechase** is being added to the schedule and will be run at UNC Charlotte on Friday April 9, 2010 at 7:00pm. Entries can be emailed to anthony.james@mecklenburgcountync.gov . entries must be emailed by end of day tomorrow Wednesday April 7, 2010