

Lake Erie College Mid Week Track and Field Open
Gareat Sports Complex – Geneva, Ohio
Wednesday February 17th, 2010

Schedule of Events

Mutli: 4:00pm – Women’s Pentathlon

Field Events: 5:30pm

Women’s Weight Throw (Men to Follow)

Women’s Long Jump (Men to Follow)

Men’s High Jump (Women to Follow)

Men’s Pole Vault (Women to Follow)

7:00pm

Women’s Triple Jump (Men to Follow)

Women’s Shot Put (Men to Follow)

Running Events: 6:30pm

Women 60 Meter Hurdles (Prelims)

Men 60 Meter Hurdles (Prelims)

Women 60 Meter Dash (Prelims)

Men 60 Meter Dash (Prelims)

Women 1 Mile Run

Men 1 Mile Run

Men 60 Meter Hurdles (Finals)

Women 60 Meter Hurdles (Finals)

Men 60 Meter Dash (Finals)

Women 60 Meter Dash (Finals)

Women 400 Meter Dash (5 per heat, lanes 4, 5, 6, 7, 8)

Men 400 Meter Dash (5 per heat, lanes 4, 5, 6, 7, 8)

Women 800 Meter Run

Men 800 Meter Run

Women 200 Meter Run (5 per heat, lanes 4, 5, 6, 7, 8)

Men 200 Meter Run (5 per heat, lanes 4, 5, 6, 7, 8)

Women 3,000 Meter Run

Men 3,000 Meter Run

Women 4x400 Meter Relay

Men 4x400 Meter Relay

Women’s Distance Medley Relay

Note: We will run prelims in the 60 meter hurdles and 60 meter dashes assuming there will be more than 10 entries per event once scratches have been taken out.

We will roll this time schedule within reason. We want to run a fast efficient meet but we want it to serve the athletes to allow them to compete at the best of their abilities. If we start moving too fast we will adjust to allow proper rest between events, taking into consideration the drive home for some teams.

If you want to see an event added to the schedule, let me know and we will fit it in somewhere.