

Stanford Invitational

1/31/07

Friday Running Events

10:00 AM	W-100 hurdles	Trials-4 races	Top 9 times to final on Saturday	
10:16 AM	M-110 hurdles	Trials-4 races	Top 9 times to final on Saturday	
10:37 AM	W-100	Trials-6 races	Top 9 times to final on Saturday	
10:58 AM	M-100	Trials-6 races	Top 9 times to final on Saturday	
11:22 AM	W-800	B Sections-4 races		
11:38 AM	M-800	B Sections-4 races		
11:57 AM	G-3000	Final-2 races		
12:27 PM	B-3000	Final-2 races		
12:53 PM	W-800	Sections # 1-3		
1:05 PM	M-800	Sections # 1-3		
1:17 PM	G-100 hurdles	Trials-5 races	Top 9 times to final on Saturday	
1:37 PM	B-110 hurdles	Trials-5 races	Top 9 times to final on Saturday	
2:07 PM	G-Distance Medley	Final-2 races		
2:39 PM	B-Distance Medley	Final-2 races		
3:14 PM	W-400 hurdles	Final-4 races	Heats against Time	
3:34 PM	M-400 hurdles	Final-4 races	Heats against Time	
3:59 PM	W-200	Final (8 races)	Heats against Time	
4:23 PM	M-200	Final (8 races)	Heats against Time	
4:52 PM	G-100	Trials-8 races	Top 9 times to final on Saturday	
5:20 PM	B-100	Trials-8 races	Top 9 times to final on Saturday	
5:56 PM	BREAK			
6:26 PM	W-3000 Steeplechase	Section # 2		
6:42 PM	M-3000 Steeplechase	Section # 4		
6:54 PM	M-3000 Steeplechase	Section # 3		
7:06 PM	W-5000	Section # 4		
7:26 PM	W-5000	Section # 3		
7:45 PM	M-5000	Section # 4		
8:03 PM	M-5000	Section # 3		
8:20 PM	M-10,000	Section # 2		
8:56 PM	W-10,000	Section # 2		
9:36 PM				

Friday Field Events

10:00 AM	M-Long Jump	B Section	Jumps under 21'6" not measured	4 Jumps ONLY
	W-Long Jump	B Section	Jumps under 17' not measured	4 Jumps ONLY
	W-Javelin	Final	Throws under 130' not measured	
11:00 AM	M-Pole Vault	B Section	Opening height 14'5-1/4" (4.40m)	
	W-Pole Vault	B Section	Opening height 11'0" (3.35m)	
10:00 AM	M-Hammer	B Section	Throw under 150' not measured	4 Throws ONLY
11:45 AM	W-Shot Put	B Section	Throws under 38' not measured	4 Throws ONLY
2:00 PM	M-Long Jump	A Section	Jumps under 22' not measured	
	W-Long Jump	A Section	Jumps under 17'6" not measured	
	W-High Jump	Final	Opening height 5'4"	
2:00 PM	M-Shot Put	B Section	Throws under 45' not measured	4 Throws ONLY
2:00 PM	M-Javelin	Final	Throws under 180' not measured	
2:00 PM	W-Hammer	B Section	Throws under 140' not measured	4 Throws ONLY
3:45 PM	B-Invitational Pole Vault	Final	Opening height 12'6" (3.81m)	
3:45 PM	G-Invitational Pole Vault	Final	Opening height 10' (3.05m)	
4:30 PM	B-Shot Put	Final	Throws under 45' not measured	4 Throws ONLY
	B-Long Jump	Final	Jumps under 21' not measured	4 Jumps ONLY
	G-Long Jump	Final	Jumps under 16'6" not measured	4 Jumps ONLY
4:00 PM	M-Discus	B Section	Throws under 145' not measured	4 Throws ONLY
5:45 PM	G-Shot Put	Final	Throws under 30' not measured	4 Throws ONLY
6:30 PM	W-Discus	B Section	Throw under 135' not measured	4 Throws ONLY

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Saturday Running Events

9:00 AM	G-400 hurdles	Final (5 races)		
9:20 AM	B-400 hurdles	Final (5 races)		
9:45 AM	G-4x100	Trials (6 races)	Top 9 to Final	
10:15 AM	B-4x100	Trials (6 races)	Top 9 to Final	
10:45 AM	G-4x800	Final (1 race)	Field size limited to top 20 teams	
10:55 AM	B-4x800	Final (1 race)	Field size limited to top 20 teams	
11:05 AM	Kids Half Lap	10 races		
11:35 AM	G-Mile	Final (2 races)		
11:50 AM	B-Mile	Final (2 races)		
12:05 PM	W-1500	B Sections (4 races)		
12:29 PM	M-1500	B Sections (4 races)		
12:49 PM	G-400	Final (6 races)	Heats against Time	
1:13 PM	B-400	Final (6 races)	Heats against Time	
1:41 PM	W-400	Final (6 races)	Heats against Time	
2:05 PM	M-400	Final (6 races)	Heats against Time	
2:33 PM	G-4x100	Final (1 race)	Top 9 teams from Trials	
2:38 PM	B-4x100	Final (1 race)	Top 9 teams from Trials	
2:43 PM	W-4x100	Final (2 races)	Heats against Time	
2:53 PM	M-4x100	Final (2 races)	Heats against Time	
3:03 PM	G-100 hurdles	Final (1 race)	Top 9 times from Trials	
3:10 PM	W-100 hurdles	Final (1 race)	Top 9 times from Trials	
3:22 PM	B-110 hurdles	Final (1 race)	Top 9 times from Trials	
3:34 PM	M-110 hurdles	Final (1 race)	Top 9 times from Trials	
3:44 PM	G-100	Final (1 race)	Top 9 times from Trials	
3:48 PM	B-100	Final (1 race)	Top 9 times from Trials	
3:52 PM	W-100	Final (1 race)	Top 9 times from Trials	
3:56 PM	M-100	Final (1 race)	Top 9 times from Trials	
4:00 PM	G-4x400	Final (5 races)		
4:35 PM	B-4x400	Final (5 races)		
5:10 PM	W-4x400	Final (4 races)		
5:38 PM	M-4x400	Final (4 races)		
6:06 PM	BREAK			
6:36 PM	W-1500	Sections #1-2		
6:48 PM	M-1500	Sections #1-2		
6:58 PM	W-3000m Steeplechase	Section #1		
7:13 PM	M-3000m Steeplechase	Section #2		
7:25 PM	M-3000m Steeplechase	Section #1		
7:36 PM	W-5000m	Section #2		
7:55 PM	W-5000m	Section #1		
8:13 PM	M-5000m	Section #2		
8:29 PM	M-5000m	Section #1		
8:44 PM	W-10000m	Section #1		
9:20 PM	M-10000m	Section #1		
9:53 PM				

Saturday Field Events

9:00 AM	B-Pole Vault	B Section	Opening height 12' (3.66m)	
	G-Pole Vault	B Section	Opening height 9' (2.75m)	
	B-Discus	Final	Throws under 140' not measured	4 Throws ONLY
	G-High Jump	Final	Opening height 4'10"	
	B-Triple Jump	Final	Jumps under 42' not measured	4 Jumps ONLY
	G-Triple Jump	Final	Jumps under 34' not measured	4 Jumps ONLY
11:00 AM	M-Shot Put	Top Section	Throws under 51' not measured	
11:00 AM	G-Discus	Final	Throws under 100' not measured	4 Throws ONLY
12:00 PM	W-Pole Vault	Top Section	Opening height 12'2" (3.71m)	
	M-Hammer	Top Section	Throws under 180' not measured	
	B-High Jump	Final	Opening height 6'	
12:30 PM	M-Triple Jump	Top Section	Jumps under 43' not measured	
	W-Triple Jump	Top Section	Jumps under 37' will not be measured	
1:00 PM	W-Shot Put	Top Section	Throws under 45' not measured	
1:30 PM	M-Discus	Top Section	Throws under 155' not measured	
2:30 PM	M-High Jump	Final	Opening height 6'5"	
1:45 PM	W-Hammer	Top Section	Throws under 150' not measured	
2:30 PM	M-Triple Jump	B Section	Jumps under 42' not measured	4 Jumps ONLY
	W-Triple Jump	B Section	Jumps under 36' will not be measured	4 Jumps ONLY
3:00 PM	M-Pole Vault	Top Section	Opening height 16'3-1/4" (4.96m)	
3:45 PM	W-Discus	Top Section	Throws under 145' not measured	