



# UCF INVITATIONAL

## Friday & Saturday, March 27-28, 2009

### FINAL TIME SCHEDULE

#### FRIDAY, March 27, 2009

4:00 pm      Men's Long Jump, followed by Women's Long Jump (9 to Final)  
 Women's Javelin, followed by Men's Javelin (9 to Final)  
 Men's Shot Put, followed by Women's Shot Put (9 to Final)  
 Men's Pole Vault

5:30 pm      3000m Steeple Men (1 section)  
 5:45 pm      3000m Steeple Women (1 section)  
 6:00 pm      10,000m Men (1 section)  
 6:30 pm      10,000m Women (1 section)

#### SATURDAY, March 28, 2009

9:30 am      Women's Hammer, Followed by Men's Hammer  
 Women's Pole Vault

10:30 am      Men's High Jump, followed by Women's High Jump

12:00 pm      Women's Pole Vault  
 Women's Triple Jump, followed by Men's Triple Jump

1:00pm      Women's Discus, followed by Men's Discus

12:00 pm      400M Relay Women Final  
 12:10 pm      400M Relay Men Final  
 12:15 pm      1500m Men - Heats by time  
 12:30 pm      1500m Women - Heats by time  
 12:50 pm      100m Hurdles Women Heats by time  
 1:05 pm      110m Hurdles Men Heats by time  
 1:15 pm      400m Women Heats by time  
 1:30 pm      400m Men Heats by time  
 1:45 pm      100m Women Heats by time  
 2:00 pm      100m Men Heats by time  
 2:10 pm      800m Women Heats by time  
 2:20 pm      800m Men Heats by time  
 2:35 pm      400m Hurdles Women Heats by time  
 2:50 pm      400m Hurdles Men Heats by time  
 3:00 pm      200m Women - Heats by time  
 3:20 pm      200m Men - Heats by time  
 3:40 pm      5000m Women (1 section)  
 4:00 pm      5000m Men (1 section)  
 4:20 pm      4x400 Relay Women Heats by time  
 4:40 pm      4x400 Relay Men Heats by time

<b>Measurement Minimums:</b>	<b><u>Women</u></b>	<b><u>Men</u></b>
Long Jump	17'6"	21'6"
Triple Jump	36'	42'
Shot Put	37'	43'
Discus	120'	140'
Hammer	120'	140'
Javelin	110'	140'
<b>Starting Heights:</b>	<b><u>Women</u></b>	<b><u>Men</u></b>
Pole Vault	9'6"	14'
High Jump	4'11"	5'11"