



Houston Indoor Invitational & Multi-Events  
January 29-30, 2010  
Meet Schedule



Pentathlon/Heptathlon Schedule of Events

Friday, January 29<sup>th</sup>:

12:00pm	Women	Pentathlon 60m Hurdles
12:30	Men	Heptathlon 60m
12:40	Women	Pentathlon High Jump
1:10	Men	Heptathlon Long Jump
2:10	Women	Pentathlon Shot Put
3:00	Men	Heptathlon Shot Put
3:10	Women	Pentathlon Long Jump
3:50	Men	Heptathlon High Jump
4:00	Women	Pentathlon 800m

Saturday, January 30<sup>th</sup>:

10:00am	Men	Heptathlon	60m Hurdles
10:40	Men	Heptathlon	Pole Vault
TBA	Men	Heptathlon	1000m Run



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Friday, January 29<sup>th</sup> Field Events

3:00pm	Women	Pole Vault	Final	
4:30	Women	Long Jump B (inside pit)		Trials & Final (9 advance)
	Men	B Long Jump (inside pit)		Trials & Final (9 advance)
		**Men LJ will follow Women LJ on inside pit		
4:30	Women	Weight Throw		
	Men	Weight Throw		

Friday, January 29<sup>th</sup> Running Events

4:30pm	Women	400 Meter Dash B		Section Finals on Time
4:45	Men	400 Meter Dash B		Section Finals on Time
5:00	Women	200 Meter Dash B		Section Finals on Time
5:20	Men	200 Meter Dash B		Section Finals on Time
5:40	Women	Distance Medley		
5:55	Men	Distance Medley		

Saturday, January 30<sup>th</sup> Field Events

9:00am	Women	Shot Put		Trials & Final (9 advance)
	Men	Shot Put		Trials & Final (9 advance)
11:00	Men	Long Jump		Final
	Women	Long Jump		Final
2:30pm	Men	Triple Jump		Trials & Final (9 advance)
	Women	Triple Jump		Trials & Final (9 advance)
1:00	Men	High Jump		Final
	Women	High Jump		Final
2:00	Men	Pole Vault		Final

Saturday, January 30<sup>th</sup> Running Events

11:00am	Women	5000m		Final
11:25	Men	5000m		Final
11:55	Women	60m Hurdles	Heats (16 advance)	
12:15pm	Men	60m Hurdles	Heats (16 advance)	
12:30	Women	60m		Heats (16 advance)
1:00	Men	60m		Heats (16 advance)
1:40	Women	Mile		Final
2:05	Men	Mile		Final
2:30	Women	400m		Final
2:45	Men	400m		Final
3:05	Women	60m Hurdles	Final (A and B)	
3:15	Men	60m Hurdles	Final (A and B)	
3:25	Women	60m		Final (A and B)
3:35	Men	60m		Final (A and B)
3:45	Women	800m		Final
4:15	Men	800m		Final
4:35	Women	200m		Final
4:50	Men	200m		Final
5:05	Women	3000m		Final
5:50	Men	3000m		Final
6:35	Women	4X400m Relay		Final
7:00	Men	4X400m Relay		Final