

N5CTA INDOOR INVITATIONAL – JANUARY 2, 2010

At Schwartz Athletic Center

Widener University

Chester, PA

9:00 a.m. - Arena Opens for Warm-Up

FIELD EVENTS

10:00 am SHOT PUT (4 throws) – Girls, then Boys

10:00 am POLE VAULT – Girls (s.h.-6'0"), then Boys (s.h.-7'0")

10:00 am HIGH JUMP – Girls (s.h.-4'3"), then Boys (s.h.-5'3")

10:00 am LONG JUMP (3 jumps) – Boys, then Girls

10:00 am TRIPLE JUMP (3 jumps) follows the LONG JUMP – Boys, then Girls

RUNNING EVENTS – Girls, then Boys

10:00 am Start

ORDER OF EVENTS

4 x 800m Relay

55m Hurdles

55m

4 x 200m Relay

1600m

400m

800m

200m

3200

4 x 400m Relay

Limit of one entry in the long jump, triple jump, 3200m run, and all relays.

Limit of two entries in all other events.

Seed times may be estimated.

Only ¼" spikes may be used on all running and jumping events.

Blocks will be used only in the 55m hurdles and 55m dash final.

The time schedule is dependent on the number of entries.

An athlete who is in two events simultaneously should check in to both events.

Any questions, contact Rick Schuder at 302-545-2116 or coachschuder@yahoo.com