

Northeast Conference
2010 Indoor Track & Field Championship
Prince George Sport and Learning Complex (Landover, MD)



Schedule of Events
Saturday, February 20



TRACK EVENTS

Time	Event	Round	Gender
11:40 am	60-meter hurdles	*Prelim	Men
12:00 pm	60-meter hurdles	*Prelim	Women
12:20 am	60-meter dash	*Prelim	Men
12:40 pm	60-meter dash	*Prelim	Women
1:00 pm	Mile	Trial	Men
1:20 pm	Mile	Trial	Women
1:40 pm	60-meter hurdles	Semi	Men
1:55 pm	60-meter hurdles	Semi	Women
2:10 pm	400 meters	Trial	Men
2:30 pm	400 meters	Trial	Women
2:50 pm	500 meters	Trial	Men
3:10 pm	500 meters	Trial	Women
3:30 pm	60-meter dash	Semi	Men
3:45 pm	60-meter dash	Semi	Women
4:00 pm	800 meters	Trial	Men
4:20 pm	800 meters	Trial	Women
4:40 pm	200 meters	Trial	Men
5:00 pm	200 meters	Trial	Women
5:20 pm	3000 meters	Final	Men
5:40 pm	3000 meters	Final	Women

FIELD EVENTS

Time	Event	Round	Gender
9:30 am	Weight Throw	Trial/Final	Men
11:30 am	High Jump	Final	Men
12:00 pm	Pole Vault	Final	Women
1:00 pm	Shot Put	Trial/Final	Women
2:00 pm	Long Jump	Trial/Final	Men
2:00 pm	Long Jump	Trial/Final	Women

* If necessary

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Schedule of Events

Sunday, February 21

TRACK EVENTS

<u>Time</u>	<u>Event</u>	<u>Round</u>	<u>Gender</u>
12:20 pm	Mile	Final	Men
12:30 pm	Mile	Final	Women
12:40 pm	60-meter hurdles	Final	Men
12:50 pm	60-meter hurdles	Final	Women
1:00 pm	400 meters	Final	Men
1:10 pm	400 meters	Final	Women
1:20 pm	500 meters	Final	Men
1:30 pm	500 meters	Final	Women
1:40 pm	60-meter dash	Final	Men
1:50 pm	60-meter dash	Final	Women
2:00 pm	800 meters	Final	Men
2:10 pm	800 meters	Final	Women
2:20 pm	200 meters	Final	Men
2:30 pm	200 meters	Final	Women
2:40 pm	5000 meters	Final	Men
3:05 pm	5000 meters	Final	Women
3:30 pm	Distance medley relay	Final	Men
3:45 pm	Distance medley relay	Final	Women
4:00 pm	4 x 400 relay	Final	Men
4:10 pm	4 x 400 relay	Final	Women
4:20 pm	Closing awards ceremony		

FIELD EVENTS

<u>Time</u>	<u>Event</u>	<u>Round</u>	<u>Gender</u>
9:30 am	Weight Throw	Trial/Final	Women
11:00 am	High Jump	Final	Women
12:00 pm	Pole Vault	Final	Men
1:00 pm	Shot Put	Trial/Final	Men
1:30 pm	Triple Jump	Trial/Final	Men
1:30 pm	Triple Jump	Trial/Final	Women



INDOOR TRACK & FIELD