

Cerritos Invitational Final Time Schedule

Friday- February 19, 2011

Track Events

5:00 Sprint Med (100, 100, 200, 400)	Women
5:10 Sprint Med (200, 200, 400, 800)	Men
5:20 Distance Medley	Women (1200-400-800-1600)
5:40 Distance Medley	Men (1200-400-800-1600)
6:05 3000 Steeplechase	Women
6:30 3000 Steeplechase	Men
6:45 3200 Relay (4 x 800)	Women
7:00 3200 Relay (4 x 800)	Men
7:10 800 Meter Relay	Women
7:20 800 Meter Relay	Men
7:30 5,000 Meters	Men
7:55 5,000 Meters	Women

Field Events

4:00 Javelin (M)	Main Field East Side
4:00 Javelin (W)	Main Field West Side
4:00 Shot Put (W)	South East Ring (Grass Area)
4:00 Shot Put (M)	Main Field (Flight 1—South Hammer Ring) (Flights 2 & 3 Stadium Ring)

Saturday- February 20, 2011

Final Schedule

Track Events

10:00 am	400 Meter Relay		Women
10:10 am	400 Meter Relay		Men
10:20 am	1500 Meters		Women
10:40 am	1500 Meters		Men
11:05 am	100 Hurdles	Women (East Side)	
11:05 am	100 Meters	Women (West Side)	
11:30 am	100 Meters	Men (West Side)	
11:30 am	110 H. Hurdles	Men (East Side)	
12:00 pm	400 Meters		Women
12:15 pm	400 Meters		Men
12:50 pm	800 Meters		Women
1:05 pm	800 Meters		Men
1:30 pm	400 Hurdles		Women
1:45 pm	400 Int. Hurdles		Men
2:05 pm	200 Meters		Women
2:30 pm	200 Meters		Men
3:00 pm	5,000 Meters (Inv.)		Women
3:25 pm	5,000 Meters (Inv.)		Men
3:45 pm	1600 Meter Relay		Women
3:55 pm	1600 Meter Relay		Men

Field Events

9:30 am	Hammer (M)	South Field South Ring
9:30 am	Discus (W)	West Field
9:30 am	Long Jump (M)	Main Field 2 Pits--South Fl 2-3, North Fl 1
10:00 am	Pole Vault (W)	Main Field
11:00 am	High Jump (M)	Main Field
1:30 pm	Discus (M)	South Field NR F 1-2 *West Field F 3-4
12:00 pm	Long Jump (W)	Main Field North Pit
1:00 pm	Pole Vault (M)	Main Field Starts at 12-6', North Pit at 10'
12:30 pm	Triple Jump (M)	North Pit
2:30 pm	High Jump (W)	Main Field
2:00 pm	Hammer (W)	South Field South Ring
3:00 pm	Triple Jump (W)	Main Field North

***Outside West Field is across the road on the Soccer Field.**