

REVISED 1/22/09

Central Missouri Invite  
Time Schedule and Order of Events

January 23rd, 2009

Field Events

3:30 PM	Long Jump	Men (North Pit)	Women (South Pit)
	High Jump	Women	
	Pole Vault	Men	
	Weight Throw	Women	
	Shot Put	Men	
5:00	Triple Jump	Men (North Pit)	Women (South Pit)
	High Jump	Men	
	Pole Vault	Women	
	Weight Throw	Men	
	Shot Put	Women	

Running Events

6:30 PM	60 M Hurdles	Trials	Men/Women Top 6 to Finals
6:50	60 M Dash	Trials	Men/Women Top 6 to Finals
7:15	Mile Run		Women-/Men
7:35	60 M Hurdles	Final	Women/Men
7:40	60 M Dash	Final	Women/Men
7:50	400 M Dash		Women/Men
8:10	600 YD Run		Women/Men
8:30	800 M Run		Women/Men
8:45	200 M Dash		Women/Men
9:10	3000 M Run		Women/Men
9:45	Mile Relay		Women/Men
10:15	Distance Medley Relay		Combined