LEE KROUGH INVITATIONAL  
Saturday, April 16th, 2011

FIELD EVENTS:

10:30  
JAVELIN - MEN/WOMEN  
SHOT PUT – MEN  
HAMMER – WOMEN  
HIGH JUMP – WOMEN FOLLOWED BY MEN

11:15  
POLE VAULT- WOMEN FOLLOWED BY MEN  
LONG JUMP- WOMEN FOLLOWED BY MEN  
TRIPLE JUMP- MEN FOLLOWED BY WOMEN

12:30  
DISCUS- WOMEN  
HAMMER – MEN

2:30  
DISCUS – MEN  
SHOT PUT – WOMEN

RUNNING EVENTS:

12:15  STEEPLE CHASE (W)  1 HEAT
12:35  STEEPLE CHASE (M)  1 HEAT
12:50  100 METER HURDLE PRELIMS  2 HEATS
1:00  110 METER HURDLE PRELIMS (W)  1 HEAT
1:10  100 METER DASH PRELIMS (W)  2 HEATS
1:20  100 METER DASH PRELIMS (M)  3 HEATS
1:30  5000 METERS (W)  1 HEAT
1:55  400 METER RELAY (W)  1 HEAT
2:00  400 METER RELAY (M)  1 HEAT
2:05  1500 METERS (W)  1 HEAT
2:15  1500 METERS (M)  2 HEATS
2:30  110 METER HURDLES FINALS  1 HEAT
2:35  100 METER HURDLE FINALS  1 HEAT
2:40  400 METERS (W)  1 HEAT
2:45  400 METERS (M)  3 HEATS
3:00  100 METERS FINALS (W)  1 HEAT
3:05  100 METERS FINALS (M)  1 HEAT
3:15  800 METERS (W)  1 HEAT
3:00  800 METERS (M)  1 HEAT
3:20  400 METER HURDLES (W)  1 HEAT
3:25  400 METER HURDLES (M)  2 HEATS
3:35  200 METERS (W)  3 HEATS
3:45  200 METERS (M)  3 HEATS
3:55  5000 METERS (M)  1 HEAT
4:15  1600 METER RELAY (W)  1 HEAT
4:20  1600 METER RELAY (M)  1 HEAT

*WE WILL STAY ON SCHEDULE