

TIME SCHEDULE/ORDER OF EVENTS

THE 42nd ANNUAL HILLSDALE COLLEGE "GINA" RELAYS APRIL 23rd, 24th, 25th, and 26th, 2008

Event Schedule

WEDNESDAY, APRIL 23rd

3:00 pm	Men's Decathlon	(100m, LJ, SP, HJ, 400m)
3:30 pm	Women's Heptathlon	(100m Hurdles, HJ, SP, 200m)

THURSDAY, APRIL 24th

9:00 am	Men's Decathlon	(110m Hurdles, Disc, PV, Jav, 1500m)
10:00 am	Women's Heptathlon	(LJ, Jav, 800m)

FRIDAY, APRIL 25th

Track Events--

2:00 pm	Men's Open 10,000m Run
3:15 pm	Women's Open 3,000m Steeplechase
3:35 pm	Men's Open 3,000m Steeplechase
4:05 pm	Women's Open 5,000m Run
4:50 pm	Men's Open 5,000m Run
6:30 pm	Women's 400m Hurdles
6:55 pm	Men's 400m Hurdles
7:20 pm	Women's Invite 3,000m Steeplechase
7:40 pm	Men's Invite 3,000m Steeplechase
8:00 pm	Women's Invite 5,000m Run
8:20 pm	Men's Invite 5,000m run
8:40 pm	Women's Olympic Development 1,500m Run
8:50 pm	Men's Olympic Development 1,500m Run
9:00 pm	Women's 3,200m Relay
9:15 pm	Men's 3,200m Relay
9:30 pm	The Gina Van Laar 10,000m Run
10:15 pm	The Ryan Shay 10,000m Run

Field Events--

12:00 pm	Hammer	Men then Women
12:00 pm	High Jump	Men then Women
12:00 pm	Shot Put	Women then Men
12:00 pm	Long Jump	Women then Men

SATURDAY, APRIL 26th

10:00 am	"WYLD" Bill Lundberg 5K road race
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Track Events--

11:00 am	Women's 4x100m Relay
11:15 am	Men's 4x100m Relay
11:30 am	Women's 100m Hurdles
12:00 pm	Men's 110m Hurdles

Field Events--

10:00 am	Pole Vault	Women then Men
10:00 am	Triple Jump	Men then Women
10:00 am	Discus	Women then Men
12:00 pm	Javelin	Men then Women

12:30 pm NATIONAL ANTHEM AND PRESENTATION

12:40 pm	Women's 1,500m Run
1:10 pm	Men's 1,500m Run
1:40 pm	Women's 400m Dash
2:10 pm	Men's 400m Dash
2:40 pm	Women's 100m Dash
3:05 pm	Men's 100m Dash
3:30 pm	Women's 800m Run
3:55 pm	Men's 800m Run
4:25 pm	Women's 200m Dash
4:55 pm	Men's 200m Dash
5:25 pm	Women's 3000m Run
5:40 pm	Women's 4x400m Relay
6:00 pm	Men's 4x400m Relay