



Liberty Open

January 29th-30th, 2010

Tentative Time Schedule

Friday 29th Field Events

3:30pm	Pentathlon HJ
3:50pm	Heptathlon LJ
4:30pm	Heptathlon SP
5:30pm	Pentathlon SP
5:30pm	Heptathlon HJ
6:30pm	Pentathlon LJ

Running Events

3:00pm	Pentathlon 60h
3:15pm	Heptathlon 60m
6:00pm	4x800 Relay Men
6:15pm	4x800 Relay Women
6:30pm	5K Men
7:05pm	5K Women
7:30pm	Pentathlon 800m

Please remember that Heptathlon indoor is men and pentathlon indoor is women. It's easy to overlook that since women are known as heptathletes.

Progression for:

WPV – 2.60, 2.90, 3.05, +.15m
 MPV – 3.90, 4.20, 4.35 +.15m
 WHJ – 1.45, 1.50 +5cm
 MHJ – 1.85, 1.90 +5cm

Minimum marks after 1 legal throw
 Women's shot and weight 33'
 Men's shot and weight 40'

Saturday 30th Field Events

8:30am	Men's Weight Throw
9:15am	Women's Pole Vault
9:30am	Women's Triple Jump
	Men's Long Jump
10:45am	Women's Weight Throw
12:15pm	Men's Heptathlon PV
1:00pm	Men's Shot Put
	Women's Long Jump
	Men's Triple Jump
	Women's High Jump
3:00pm	Women's Shot Put
	Men's Pole Vault
	Men's High Jump

Running Events

11:00am	60m hurdles (Women) Prelim
	60m Hurdles (Men) Prelims
	60m Hurdles (Hept Men)
11:30am	60m Dash (Men) Prelims
	60 Dash (Women) Prelims
12:10pm	60m Dash (Men) Final
12:15pm	60m Dash (Women) Final
12:25pm	60m Hurdles (Men) Final
12:35pm	60m Hurdles (Women) Final
12:40pm	Mile Run (Men) Final
1:15 pm	Mile Run (Women) Final
1:45pm	400m Dash (Men) Final
	400m Dash (Women) Final
2:30pm	500m Dash (Men) Final
	500m Dash (Women) Final
3:00pm	800m Run (Men) Final
	800m Run (Women) Final
3:40pm	1000m Run (Men) Final
	1000m Run (Women)
4:00pm	200m Dash (Men) Final
	200m Dash (Women) Final
5:00pm	3000m Run (Men) Final
	3000m Run (Women) Final
5:50pm	4x400m Relay (Men) Final
	4x400m Relay (Women) Final

Heptathlon 1,000 (To be determined)