

Liberty Open – Jan 23-24, 2009

Friday 23rd

Running Events

1:45 Pentathlon Lower Division 2 60h
 2:15
 2:45 Heptathlon 60m
 3:15
 3:30 Pentathlon Upper Division 1 60h
 3:15
 3:45
 4:00
 4:30
 4:45
 5:30
 5:45
 6:30

Field Events

Pentathlon LD HJ
 Heptathlon LJ
 Heptathlon LJ
 Pentathlon LD SP
 Pentathlon UD HJ
 Heptathlon SP
 Pentathlon LD LJ
 Pentathlon UD SP
 Heptathlon HJ
 Pentathlon UD LJ

6:00 4x800 Relay Men
 6:15 4x800 Relay Women
 6:30 Pentathlon LD 800m
 6:35pm 5K Men
 7:10pm 5K Women
 7:40pm Pentathlon UD 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.

Saturday 24th

Running Events

8:30am
 9:15am
 9:30am
 10:30am
 11:00am 60m Hurdles (Women) Prelims
 60m Hurdles (Men) Prelims
 60m Hurdles (Hept Men)
 11:30am
 11:45am 60m Dash (Men) Prelims
 60m Dash (Women) Prelims
 12:15 60m Dash (Men) Final
 12:20 60m Dash (Women) Final
 12:30 60m Hurdles (Men) Final
 12:40 60m Hurdles (Women) Final
 12:45 Mile Run (Men) Final
 1:00
 1:05 Mile Run (Women) Final
 1:30 400m Dash (Men) Final
 1:55 400m Dash (Women) Final
 2:00
 2:25 500m Dash (Men) Final
 2:30
 2:40 500m Dash (Women) Final
 3:00 800m Run (Men) Final
 3:15 800m Run (Women) Final
 3:30 1000m Run (Men) Final
 3:40 1000m Run (Women)
 3:55 200m Dash (Men) Final
 4:15 200m Dash (Women) Final
 4:40 3000m Run (Men) Final
 3000m Run (Women) Final
 5:25 4x400m Relay (Men) Final
 4x400m Relay (Women) Final
 Heptathlon 1,000 (To be determined)

Field Events

Men's Weight Throw
 Women's Pole Vault 2.4, 2.7, 2.85, 3.0, 3.15...
 Women's Triple Jump
 Men's Long Jump
 Women's Weight Throw
 Women's High Jump 1.35,1.45,1.50,1.55...
 Men's Heptathlon PV
 Men's Shot Put
 Women's Long Jump
 Men's Triple Jump
 Men's High Jump 1.75,1.80,1.85,1.90,1.95...
 Women's Shot Put
 Men's Pole Vault 3.3, 3.6,3.9,4.05,4.2,4.35,4.5...