

LIBERTY UNIVERSITY TWILIGHT QUALIFIER
Thursday April 30, 2009
Adjusted Time Schedule

Field Events:

3:00 Discus (Men – lower field, Women – upper field)
Pole Vault (Men-Women)
Long Jump (Men and Women)
Triple Jump to follow Long Jump
4:30 Shot (Men-Women)
5:00 Hammer (Men-Women)
5:30 High Jump (Men-Women)
7:00 Javelin (Men-Women)

Track Events:

3:00 100m Trials (Men-Women)
3:15 100m Hurdle Trials
3:30 110m Hurdle Trials
3:45 100m Finals (Men-Women)
4:00 110m Hurdle Finals
4:15 100m Hurdle Finals
4:30 200m Finals

Dinner Break

6:30 Steeplechase (Men-Women)
7:00 4x100m (Men-Women)
7:10 1500m (Men-Women)
7:35 400m (Men-Women)
8:00 800m (Men-Women)
8:25 400m Hurdles (Men-Women)
8:40 4X400m (Men-Women)
8:50 5000m / 10,000 (Men) Women Follow if Needed