

# Liberty Kick Off

December 3rd-4th, 2010

## Final Time Schedule

### Friday 3<sup>rd</sup>

#### Field Events

2:30pm Heptathlon LJ  
2:50pm Pentathlon HJ  
3:40pm Heptathlon SP  
4:45pm Pentathlon SP  
4:45pm Heptathlon HJ  
5:45pm Pentathlon LJ

#### Running Events

2:00pm Heptathlon 60m  
2:15pm Pentathlon 60h  
5:30pm 5K Men  
5:50pm 5K Women  
6:45pm 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.

### Saturday 4<sup>th</sup>

#### Field Events

9:00am Men's Weight Throw  
9:30am Women's Triple Jump  
Men's Long Jump  
Women's PV  
10:30am Women Weight Throw  
12:15pm Men's Heptathlon PV  
12:45pm Men's Shot Put  
1:00pm Women's Long Jump  
Men's Triple Jump  
Women's High Jump  
2:30pm Women's Shot Put  
Men's Pole Vault  
3:00pm Men's High Jump

#### Running Events

11:00am 60m Hurdles (Women) Prelims  
60m Hurdles (Men) Prelims  
60m Hurdles (Hept Men)  
11:35am 60m Dash (Men) Prelims  
60 Dash (Women) Prelims  
12:30pm 60m Dash (Men) Final  
12:35pm 60m Dash (Women) Final  
12:45pm 60m Hurdles (Men) Final  
12:55pm 60m Hurdles (Women) Final  
1:05pm Mile Run (Men) Final  
1:15 pm Mile Run (Women) Final  
1:25pm 400m Dash (Men) Final  
400m Dash (Women) Final  
2:25pm 800m Run (Men) Final  
800m Run (Women) Final  
2:50pm 200m Dash (Men) Final  
200m Dash (Women) Final  
4:00pm 3000m Run (Men) Final  
3000m Run (Women) Final  
4:30pm 4x400m Relay (Men) Final  
4x400m Relay (Women) Final

Heptathlon 1,000 (To be determined)