

**2010 SOUTHERN CONNECTICUT CONFERENCE  
COACHES INDOOR TRACK & FIELD INVITATIONAL**

Schedule of Events

Girls 4x800 m Relay	9:00 a.m.
Boys 4x800 m Relay	9:30 a.m.
Girls 55 m High Hurdles	10:05 a.m.
Boys 55 m High Hurdles	10:25 a.m.
Girls 55 m Dash	10:35 a.m.
Boys 55 m Dash	10:50 a.m.
Girls 1000 m Run	11:05 a.m.
Boys 1000 m Run	11:20 a.m.
Girls 600 m Run	11:40 a.m.
Boys 600 m Run	12:00 p.m.
Boys 55 m Hurdle Finals	12:25 p.m.
Girls 55 m Hurdle Finals	12:30 p.m.
Boys 55 m Dash Finals	12:34 p.m.
Girls 55 m Dash Finals	12:37 p.m.
Girls 1600 m Run	12:40 p.m.
Boys 1600 m Run	1:10 p.m.
Girls SMR (2-2-4-8)	1:40 p.m.
Boys SMR (2-2-4-8)	2:25 p.m.
Girls 300 m Dash	3:00 p.m.
Boys 300 m Dash	3:20 p.m.
Girls 3200 m Run	3:50 p.m.
Boys 3200 m Run	4:25 p.m.
Girls 4x400 m Relay	4:55 p.m.
Boys 4x400 m Relay	5:25 p.m.
Girls 4x200 m Relay	5:55 p.m.
Boys 4x200 m Relay	6:15 p.m.

Girls Long Jump followed by Boys Long Jump

Boys High Jump followed by Girls High Jump

Boys Pole Vault followed by Girls Pole Vault

Girls Shot Put followed by Boys Shot Put

**Please Note:** This is an estimated time schedule based on pre-entries. This schedule may vary depending on scratches and circumstances beyond the control of meet management. Please pay close attention to changes in event start time, and vary your athletes preparation accordingly.

**We will not hold the meet up to stay on schedule, we will run ahead if meet conditions allow for a shorter meet!**