

SCHEDULE OF EVENTS
43rd ANNUAL
HILLSDALE COLLEGE "GINA" RELAYS
APRIL 23rd - 25th, 2009

THURSDAY, APRIL 23rd

3:00pm	Men's Decathlon	(100m, LJ, SP, HJ, 400m)
3:30pm	Women's Heptathlon	(100m Hurdles, HJ, SP, 200m)

FRIDAY, APRIL 24th

9:00am	Men's Decathlon	(110m Hurdles, Disc, PV, Jav, 1500m)
10:00am	Women's Heptathlon	(LJ, Jav, 800m)

Track Events

2:00pm	Men's Open 10,000m Run
3:15pm	Women's Open 3,000m Steeplechase
3:35pm	Men's Open 3,000m Steeplechase
4:05pm	Women's Open 5,000m Run
4:50pm	Men's Open 5,000m Run
6:30pm	Women's 400m Hurdles
6:55pm	Men's 400m Hurdles
7:20pm	National Anthem
7:30pm	Women's Invite 3,000m Steeplechase
7:50pm	Men's Invite 3,000m Steeplechase
8:10pm	Women's Invite 5,000m Run
8:30pm	Men's Invite 5,000m run
8:50pm	Women's Olympic Development 1,500m Run
9:00pm	Men's Olympic Development 1,500m Run
9:10pm	Women's 3,200m Relay
9:25pm	Men's 3,200m Relay
9:30pm	The Gina Van Laar Lanser 10,000m Run
10:25pm	The Ryan Shay 10,000m Run

Field Events

12:00pm	Hammer	Men then Women
12:00pm	High Jump	Men then Women
12:00pm	Shot Put	Women then Men
12:00pm	Long Jump	Women then Men

SATURDAY, APRIL 25th

10:00am	"WYLD" Bill Lundberg 5K road race
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Track Events

12:00pm	National Anthem and Presentation
12:10pm	Women's 4x100m Relay
12:25pm	The Jack Shaw Men's 4x100m Relay
12:40pm	Women's 100m Hurdles
1:10pm	Men's 110m Hurdles
1:50pm	Women's 1,500m Run
2:20pm	Men's 1,500m Run
2:50pm	Women's 400m Dash
3:20pm	Men's 400m Dash
3:50pm	Women's 100m Dash
4:15pm	Men's 100m Dash
4:40pm	Women's 800m Run
5:05pm	Men's 800m Run
5:35pm	Women's 200m Dash
6:05pm	Men's 200m Dash
6:35pm	Women's 3000m Run
6:50pm	Women's 4x400m Relay
7:10pm	The Tim Stersic Men's 4x400m Relay

Field Events

10:00am	Pole Vault	Women then Men
10:00am	Triple Jump	Men then Women
10:00am	Discus	Women then Men
12:00pm	Javelin	Men then Women