

Schedule of Events
2010 MIAA Outdoor Track & Field Championships
Pittsburg State University

Saturday, May 8

Field Events (all finals)

11:00 a.m. Hammer (men)
 12:30 p.m. Long Jump (women)
 Pole Vault (women)
 1:15 p.m. Hammer (women)
 2:30 p.m. Long Jump (men)
 Pole Vault (men)
 3:15 p.m. Javelin (men)
 5:00 p.m. Javelin (women)

Track Events

4:00 p.m. 100 m hurdles (women) prelim
 4:15 p.m. 110 m hurdles (men) prelim
 4:30 p.m. 400 meters (women) prelim
 4:45 p.m. 400 meters (men) prelim
 5:00 p.m. 100 meters (women) prelim
 5:10 p.m. 100 meters (men) prelim
 5:25 p.m. 800 meters (women) prelim
 5:40 p.m. 800 meters (men) prelim
 5:55 p.m. 400 m hurdles (women) prelim
 6:05 p.m. 400 m hurdles (men) prelim
 6:20 p.m. 200 meters (women) prelim
 6:35 p.m. 200 meters (men) prelim
 6:50 p.m. 10,000 meters (women) final
 7:35 p.m. 10,000 meters (men) final

Sunday, May 9

Field Events (all finals)

12:00 p.m. Discus (women)
 Shot Put (men)
 High Jump (men)
 Triple Jump (women)
 2:00 p.m. Discus (men)
 High Jump (women)
 Triple Jump (men)
 Shot Put (women)

Track Events (all finals)

1:15 p.m. National Anthem
 1:30 p.m. 4 x 100 m relay (women) [2 sections]
 4 x 100 m relay (men) [2 sections]
 1:50 p.m. 3000 m steeplechase (women)
 3000 m steeplechase (men)
 2:20 p.m. 1500 meters (women)
 1500 meters (men)
 2:45 p.m. 100 m hurdles (women)
 110 m hurdles (men)
 3:00 p.m. 400 meters (women) [2 sections]
 400 meters (men) [2 sections]
 3:20 p.m. 100 meters (women)
 100 meters (men)
 3:30 p.m. 800 meters (women)
 800 meters (men)
 3:50 p.m. 400 m hurdles (women) [2 sections]
 400 m hurdles (men) [2 sections]
 4:10 p.m. 200 meters (women) [2 sections]
 200 meters (men) [2 sections]
 4:30 p.m. 5,000 meters (women)
 5,000 meters (men)
 5:20 p.m. 4 x 400 m relay (women) [2 sections]
 4 x 400 m relay (men) [2 sections]
 5:45 p.m. Awards Ceremony