

2007 EMU Royal Invitational: Schedule of Events (tentative)

Field Events

9:30 Pole Vault (M) - opening height 3.05m - increasing
15cm until 3.95m then increasing 10cm
Hammer, trials and finals (W)
Long Jump, trials and finals (M) (north pit)
Long Jump, trials and finals (W) (south pit)
Shot Put, trials and finals (M)
High Jump (W) - opening height 1.35m - increasing
5cm until 1.60m then increasing 2cm

11:00 Pole Vault (W) - opening height 2.30m - increasing
15cm until 3.25m then increasing 10cm
Hammer, trials and finals (M)
Shot Put, trials and finals (W)
High Jump (M) - opening height 1.70m - increasing
5cm until 1.95m then increasing 2cm

11:30 Triple Jump, trials and finals (W) South Pit
Triple Jump, trials and finals (M) North Pit

12:30 Discus (W), trials and finals
Javelin (M), trials and finals

2:00 Discus (M), trials and finals
Javelin (W), trials and finals

Running Events

11:00 5000m Run (M)

11:30 100m Hurdles trials (W), top 8 times advance to final

11:45 110m Hurdles trials (M), top 8 times advance to final

12:00 100m Dash trials (W), top 8 times advance to final

12:15 100m Dash trials (M), top 8 times advance to final

12:30 400m Relay (W)

12:40 400m Relay (M)

12:50 1500m Run (W)

1:10 1500m Run (M)

1:30 400m Dash (W)

1:45 400m Dash (M)

2:05 100m Hurdles (W) (finals)

2:10 110m Hurdles (M) (finals)

2:15 100m Dash (W) (finals)

2:20 100m Dash (M) (finals)

2:25 800m Run (W)

2:40 800m Run (M)

3:10 400m Hurdles (W)

3:25 400m Hurdles (M)

3:45 200m Dash (W)

4:05 200m Dash (M)

4:25 5000m Run (W)

4:50 1600m Relay (W)

5:10 1600m Relay (M)

