



**DSU Invitational
Dakota State University
Madison, SD
April 23rd, 2010**

Field Events

12:00	Pole Vault High Jump Long Jump	Men (women to follow) Women (men to follow) Men (women to follow)
12:00	Hammer Shot	Women Men
12:45	Discus Hammer	Women Men
1:30	Discus Shot	Men Women
2:15	Javelin	Men and Women
	Triple Jump Triple Jump	Men (following women's L.J.) Women (following men's T.J.)

Running Events (Rolling Schedule)

12:40	3000 Meter Steeplechase – Women & Men
1:15	4 X 100 Meter Relay – Women & Men
1:25	1500 Meter Run – Women & Men
1:45	100 Meter Hurdles – Women
1:55	110 Meter Hurdles – Men
2:05	400 Meter Dash – Women & Men
2:20	100 Meter Dash – Women & Men
2:40	800 Meter Dash – Women & Men
2:55	400 Meter Intermediate Hurdles – Women & Men
3:10	200 Meter Dash – Women & Men
3:25	5000 Meter Run – Women
3:40	5000 Meter Run – Men
4:00	4 X 400 Meter Relay – Women & Men