



DAC CHAMPIONSHIPS

Indoor Track & Field Meet

February 19 & 20, 2010

Donald E. Young Sports and Fitness Center
Black Hills State University



Friday, February 19th

10:00 AM	WOMEN'S PENTATHLON	MEN'S HEPTATHLON
	60 meter hurdles	60 meter dash
	High Jump	Long Jump
	Shot Put	Shot Put
	Long Jump	High Jump
	800 meter run	
4:00 PM	WOMEN'S Pole Vault	
	Triple Jump (M/W)	
	WOMEN'S Weight Throw (MEN to follow)	
6:00 PM	MEN'S Pole Vault	
	WOMEN'S 5,000m	
6:30 PM	MEN'S 5,000m	

Saturday, February 20th

FIELD EVENTS

8:30 AM	Hept. 60m hurdles
9:15 AM	Hept. Pole Vault
9:30 AM	Long Jump (W/M)
	Shot Put (W/M)
	High Jump (M/W)

*Heptathlon 1000m (30 min after conclusion of Heptathlon PV)

RUNNING EVENTS

11:10	4 X 200 relay	Final
11:25	4 X 800 relay	Final
11:55	60 meter hurdles	Semi
12:10	60 meter dash	Semi
12:45	Mile run	Final
1:10	60 meter hurdles	Final
1:20	400 meter dash	Final
1:40	60 meter dash	Final
1:55	800 meter run	Final
2:20	200 meter dash	Final
2:50	3000 meter run	Final
3:20	4 X 400 meter relay	Final

* women will proceed men in the running events

* If heptathlon 1K falls within running event schedule, start times will be revised from that point.