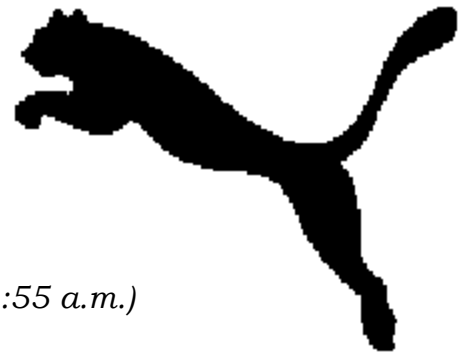


PVCC Indoor Invite

February 16th, 2008



Running Events:

- 11:00 10,000m(M/W)
(All 10,000 competitors will be removed from the track by 11:55 a.m.)
- 12:00 Distance Medley (W/M) (1200-400-800-1600)
- 12:30 60 Hurdles (W/M)
- 12:45 1500m (W/M)
- 1:05 600m (W/M)
- 1:15 60m Dash (W/M)
- 1:45 400m (W/M)
- 1:50 200M *(Report Call @ Finish Line. Event re-seeded for final)*
- 2:05 800m (W/M)
- 2:15 200m (W/M)
- 2:35 1000m (W/M)
- 2:45 60m Dash finals (W/M * will run finals if numbers and interest warrant)
- 2:55 3000m (W/M combined)
- 3:15 4 x 400m (W/M)
- 3:30 60 Hurdles finals (W/M * will run finals if numbers and interest warrant)

Throws:

- 11:00 Weight throw Combined Men and Women
- 12:00 Shot Put Women followed by Men

Vertical Jumps:

- 11:00 High Jump: Men followed by women
- Men's progression
1.68/5-6 - 1.73/5-8 - 1.78/5-10 - 1.83/6-0 - 1.88/6-2 - 1.93/6-4 - **1.98/6-6** - 2.03/6-8 - 2.08/6-9¾
- Women's progression
1.35/4-5 - 1.40/4-7 - 1.45/4-9 - 1.50/4-11 - **1.55/5-1** - 1.60/5-3 - 1.65/5-5 - 1.70/5-7 - 1.75/5-8¾
- 11:00 Pole Vault: Women followed by men
- Women's progression
2.40/7-10½ - 2.55/8-4¼ - 2.70/8-10¼ - **2.85/9-4¼** - 3.05/10-0 - 3.20/10-6 - 3.35/10-11¾
3.50/11-5¾ - 3.65/11-11¾ - 3.75/12-3½ - 3.85/12-7½
- Men's progression
3.67/12-0½ - 3.82/12-6¼ - 3.97/13-0¼ - 4.12/13-6¼ - **4.27/14-0** - 4.42/14-6 - 4.57/15-0
4.72/15-5¾ - 4.87/15-11¾ - 4.97/16-3½ - 5.07/16-7½

Horizontal Jumps:

- 12:00-1:00 Long jump Combined Men and Women - open pit
- 1:30-2:30 Triple jump Combined Men and Women - open pit