

# MVC WOMEN'S INDOOR TRACK MEET

## SCHEDULE SHEET

MONDAY, MARCH 16, 2009 UNI DOME, CEDAR FALLS

<u>Teams:</u>	Cedar Falls	Dubuque Senior
	Cedar Rapids Jefferson	Dubuque Wahlert
	Cedar Rapids Kennedy	Iowa City High
	Cedar Rapids Prairie	Iowa City West
	Cedar Rapids Xavier	Linn-Mar
	Cedar Rapids Washington	Waterloo East
	Dubuque Hempstead	Waterloo West

***IF WE GET AHEAD OF SCHEDULE, WE WILL STAY AHEAD!!!***

<u>Field Events:</u>	<u>Event</u>	<u>Entrants</u>	<u>Attempts</u>	<u>Format</u>
4:30pm	Shot Put	6	4	Cafeteria Style
	Long Jump	6	4	Cafeteria Style
	High Jump	4	4'0"	5 Alive

### **Field Assignments: Workers report at 4:15pm**

<u>Shot Put</u>	<u>High Jump</u>	<u>Long Jump</u>
Head – IC West	Head- Prairie	Head- Hempstead
CR Xavier	Linn-Mar	IC High
W'loo East	CR Jefferson	Dbq Wahlert
CR Kennedy	Senior	CR Washington
		W'loo West

### Track Events:

### ***FAST HEATS FIRST!!!***

<u>(Approx.)</u>		<u>(per team)</u>	<u>(projected)</u>
<u>Time Event</u>		<u># of Entries</u>	<u># of Heats</u>
4:30 pm	3000 Meter Run	4	1
4:45 pm	4 x 800 Meter	Unlimited	2
5:15 pm	Shuttle Hurdle Relay	2	5
5:35 pm	Distance Medley Relay	2	4
5:50 pm	60 Meter Dash	4	7
6:10 pm	400 Meter Dash	4	7
6:25 pm	4 x 200 Meter	2	4
6:50 pm	60 Meter Hurdles	4	8
7:10 pm	800 Meter Run	4	4
7:25 pm	200 Meter Dash	10	8
7:50 pm	Sprint Medley Relay	2	4
8:05 pm	1500 Meter Run	Unlimited	2
8:25 pm	4 x 100 Meter	2	4
8:45 pm	4 x 400 Meter	Unlimited	6
<b>9:00 pm</b>	<b>Results Available</b>		