

NEW YORK STATE  
COLLEGIATE TRACK CONFERENCE  
OUTDOOR CHAMPIONSHIPS

*HOSTED BY: ST. LAWRENCE UNIVERSITY*  
Friday and Saturday, May 5-6, 2006

## **MEET SCHEDULE**

### **FRIDAY, MAY 5, 2006**

#### **TIME**

1:00 PM  
1:00  
1:00  
1:00

#### **FIELD EVENTS**

LONG JUMP (women)  
DISCUS (women)  
HAMMER (men)  
POLE VAULT (men)

3:30  
3:30  
3:30  
3:30

LONG JUMP (men)  
DISCUS (men)  
HAMMER (women)  
POLE VAULT (women)

#### **TIME**

2:00 P.M.  
3:00  
3:20  
3:40  
3:55  
4:10  
4:25  
4:40  
5:00  
5:20  
5:35  
5:50  
6:40

#### **RUNNING EVENTS**

5000m Race Walk (men and women) - Exhibition  
100m HURDLE Trials (women)  
110m HURDLE Trials (men)  
400m DASH Trials (women)  
400m DASH Trials (men)  
100m DASH Trials (women)  
100m DASH Trials (men)  
4 x 800m RELAY (women)  
4 x 800m RELAY (men)  
200m DASH Trials (women)  
200m DASH Trials (men)  
10,000m RUN (women)  
10,000m RUN (men)

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**SATURDAY, MAY 6, 2006**

<b>TIME</b>	<b>FIELD EVENTS</b>
10:00 AM	JAVELIN (men)
10:00	SHOT PUT (women)
10:00	HIGH JUMP (men)
10:00	TRIPLE JUMP (women)

12:30 PM	JAVELIN (women)
12:30	SHOT PUT (men)
12:30	HIGH JUMP (women)
12:30	TRIPLE JUMP (men)

<b>TIME</b>	<b>FIELD EVENTS</b>
10:00 AM	3000m STEEPLE CHASE Sections (women)
10:40	3000m STEEPLE CHASE Sections (men)
11:10	4 x 100m RELAY Sections (women)
11:25	4 x 100m RELAY Sections (men)
11:40	1500m RUN Sections (women)
12:00	1500m RUN Sections (men)
12:20	100m HURDLE Final (women)
12:30	110m HURDLE Final (men)
12:40	400m DASH Final (women)
12:45	400m DASH Final (men)
12:50	100m DASH Final (women)
12:55	100m DASH Final (men)
1:00	800m RUN Sections (women)
1:15	800m RUN Sections (men)
1:30	400m HURDLES Sections (women)
1:50	400m HURDLES Sections (men)
2:10	200m DASH Final (women)
2:15	200m DASH Final (men)
2:25	5000m RUN Sections (women)
3:15	5000m RUN Sections (men)
3:55	4 x 400m RELAY Sections (women)**
4:10	4 x 400m RELAY Sections (men)**

\*\* -Events will be moved up if two sections per gender in the 5000m are not needed.

**Note** -Final time schedule will be based on the number of entries in each event.