



The Sacramento State

MONDO

Track & Field

Invitational

Saturday - April 4, 2009

Sacramento State MONDO Track & Field Invitational
SATURDAY, April 4, 2009
Tentative Meet Schedule*

| Start | Field Event | Round |
|--------------|--|--------------|
| ----- | ----- | ----- |
| 10:00 AM | Hammer Throw Women - Cage 1 | Final |
| | followed by Men | Final |
| 10:30 AM | Shot Put Men (Two Rings) | Final |
| | followed by Women | Final |
| 11:15 PM | Pole Vault Women | Final |
| | followed by Pole Vault Men | Final |
| 12:15 PM | Long Jump Men West Pit | Final |
| 12:15 PM | Long Jump Women East Pit | Final |
| 12:45 PM | Javelin Women | Final |
| | followed by Javelin Men (Comp Track Infield) | Final |
| 1:00PM | High Jump Men | Final |
| | followed by High Jump Women | Final |
| 2:00 PM | Discus Throw Women (after women shot put) - Cage 2 | Final |
| 2:30 PM | Discus Throw Men (after men hammer) - Cage 1 | Final |
| 2:30 PM | Triple Jump Men West Pit | Final |
| 2:30 PM | Triple Jump Women East Pit | Final |

| Start | Running Event | Round |
|--------------|-------------------------------|--------------|
| ----- | ----- | ----- |
| 12:30 PM | 5,000m Run Women | Final |
| 1:00 PM | 5,000m Run Men | Final |
| 1:25 PM | 4x100 Meter Relay Women | Final |
| 1:30 PM | 4x100 Meter Relay Men | Final |
| 1:35 PM | 1,500 Meter Run Women | Final |
| 1:45 PM | 1,500 Meter Run Men | Final |
| 1:55 PM | 100 Meter High Hurdles Women | Final |
| 2:05 PM | 110 Meter High Hurdles Men | Final |
| 2:15 PM | 400 Meter Dash Women | Final |
| 2:25 PM | 400 Meter Dash Men | Final |
| 2:35 PM | 100 Meter Dash Women | Final |
| 2:45 PM | 100 Meter Dash Men | Final |
| 2:55 PM | 800 Meter Run Women | Final |
| 3:05 PM | 800 Meter Run Men | Final |
| 3:15 PM | 400 Meter Int Hurdles Women | Final |
| 3:25 PM | 400 Meter Int Hurdles Men | Final |
| 3:35 PM | 200 Meter Dash Women | Final |
| 3:45 PM | 200 Meter Dash Men | Final |
| 3:55 PM | 3,000m Steeplechase Run Women | Final |
| 4:10 PM | 3,000m Steeplechase Run Men | Final |
| 4:25 PM | 4x400 Meter Relay Women | Final |
| 4:35 PM | 4x400 Meter Relay Men | Final |

***If necessary, an updated time schedule with number of flights and heats will be posted on our website Thursday night.**