



Hosted by the [Johnson C. Smith University](#)

Schedule of Events

Thursday, May 27, 2010

Irwin Belk Outdoor Track Complex, Charlotte, North Carolina

*All qualifying events except the Field Events,
Heptathlon, Decathlon, and 10,000 Meter Run*

10:30 Decathlon (100 Meters, Long Jump, Shot Put, High Jump, 400 Meter Dash)

11:00 Heptathlon (100 Meter Hurdles, High Jump, Shot Put, 200 Meter Dash)

12:30 (final) M Hammer Throw

2:30 (final) W Hammer Throw

4:30 (final) M Long Jump

4:55 National Anthem

5:20 (prelim) W 4x100 Meter Relay

5:30 (prelim) M 4x100 Meter Relay

5:40 (prelim) W 1500 Meter Run

5:55 (prelim) M 1500 Meter Run

6:10 (prelim) W 400 Meter Dash

6:25 (prelim) M 400 Meter Dash

6:40 (prelim) W 100 Meter

6:55 (prelim) M 100 Meter

7:10 (prelim) W 3,000 Meter Steeplechase

7:00 (final) W Long Jump

7:40 (prelim) M 3,000 Meter Steeplechase

8:10 (prelim) W 400 Meter Hurdles

8:25 (prelim) M 400 Meter Hurdles

8:40 (final) W 10,000 Meter Run

9:20 (final) M 10,000 Meter Run

10:00 Conclusion Day 1



Friday, May 28, 2010

Irwin Belk Outdoor Track Complex,
Charlotte, North Carolina

*All qualifying events except the Field Events,
Heptathlon, Decathlon,*

10:00 Decathlon (110M Hurdles, Disc, PV, Jav,
1500M)

11:00 Heptathlon (Long Jump, Javelin, 800M Run)

4:55 National Anthem

5:00 (final) M Shot Put

5:05 (final) W Pole Vault

5:10 (final) M High Jump

5:15 (final) W Triple Jump

6:00 (prelim) W 200 Meter

6:15 (prelim) M 200 Meter

7:30 (final) W Shot Put

6:40 (prelim) W 800 Meter Run

6:55 (prelim) M 800 Meter Run

7:20 (prelim) W 100 Meter Hurdles

7:35 (prelim) M 110 Meter Hurdles

7:50 (prelim) W 5,000 Meter Run

8:35 (prelim) M 5,000 Meter Run

9:10 (prelim) W 4x400 Meter Relay

9:25 (prelim) M 4x400 Meter Relay

9:40 Conclusion Day 2

Saturday, May 29, 2010

Irwin Belk Outdoor Track Complex,
Charlotte, North Carolina

All Final Events

10:00 M Javelin

12:15 W Javelin

2:30 M Discus

4:25 National Anthem

4:30 W Discus

5:10 W 3,000 Meter Steeplechase

5:25 M 3,000 Meter Steeplechase

5:35 W High Jump

5:40 W 4x100 Meter Relay

5:45 M Pole Vault

5:50 M 4x100 Meter Relay

6:00 M Triple Jump

6:05 W 1500 Meter Run

6:15 M 1500 Meter Run

6:25 W 100 Meter Hurdles

6:32 M 110 Meter Hurdles

6:45 W 400 Meter Dash

6:54 M 400 Meter Dash

7:08 W 100 Meter Dash

7:15 M 100 Meter Dash

7:37 W 800 Meter Run

7:46 M 800 Meter Run

8:01 W 400 Meter Hurdles

8:10 M 400 Meter Hurdles

8:24 W 200 Meter Dash

8:31 M 200 Meter Dash

8:43 W 5,000 Meter Run

9:03 M 5,000 Meter Run

9:30 W 4x400 Meter Relay

9:40 M 4x400 Meter Relay

10:00 Team Awards

