Duane Hartman Invitational – April 30 - May 1, 2010
Hosted by: The Community Colleges of Spokane; Spokane, WA

Site: *Spokane Falls Community College*

Note: Women will go first, unless noted otherwise. The schedule is only tentative and every attempt will be made to stay on schedule - it will be revised after the entry deadline.

Depending on the size of the running fields, events could go earlier or later so be aware and tell your kids to show up early to the meet. We won't get more than 15:00 minutes ahead of schedule.

TRACK EVENTS **Rolling Schedule**		FIELD EVENTS	
7:00 PM	Women's 5000m (FRIDAY)	10:00 AM	Men's Hammer – Women's to follow
7:30 PM	Men's 5000m (FRIDAY)	10:00 AM	Women's Discus – Men's to follow (Infield)
10:30 AM	3200 Relay	10:00 AM	Women's Javelin – Men's to follow
11:40 AM	400m Relay	10:15 AM	Men's Triple Jump – LJ to follow
11:45 AM	1500m	10:15 AM	Women's Triple Jump – LJ to follow
12:15 PM	Women's 100m Hurdles	10:15 AM	Men's High Jump – Women's to follow
12:25 PM	Men's 110m Hurdles	10:15 AM	Men's Pole Vault – Women's to follow
12:45 PM	400m	2:00 PM	Women's Shot Put – After Women's Hammer
1:00 PM	100m	2:00 PM	Men's Shot Put – After Men's Discus
1:10 PM	800m		
1:40 PM	400m Hurdles		
1:55 PM	200m		
2:20 PM	Women's Steeplechase		
2:45 PM	Men's Steeplechase		
3:00 PM	1600 Relay		

MEET INFORMATION

- Entries will be done via Direct Athletics at www.directathletics.com – Deadline is Wednesday, April 28, 2010 at Noon.
- Meet Information: Larry Beatty 509-533-7349 or Lbeatty@scc.spokane.edu
- Spectators: Entry is free
- Implement Weigh In: May 1 @ 8:30-10:00 a.m. (Under stadium)
- Starting heights 4'6"/5'10" for HJ and 7'/12' for PV
- Packets: Will be available under the stadium
- Results: Will be posted at the event, on direct athletics and via e-mail (please leave address). Also, on our web site on Saturday, May 1, 2010 www.scc.spokane.edu
- Dressing facilities available under the stadium and in Building 7

- Showers will be available, bring your own towels
- Trainers will be available for emergencies on the field