

Osprey Open

April 2nd – 3rd, 2010

Tentative Time Schedule

Friday Night

5:30 pm Hammer Women followed by Men

5:30 pm Men's 10,000m Run

6:15 pm M/W 3000m Walk (Combined)

6:45 pm Women's 10,000m Run

Saturday

10:00 am Discus Women followed by Men

Shot Men followed by Women

10:00 am Javelin – Women followed by Men

Long Jump Men followed by Women

11:00 am Pole Vault Women followed by Men

High Jump Women followed by Men

11:00 am 400 Inter. Hurdles W, M.

11:30 pm 5000 Women

11:55 pm 4 x 100 Relay W, M.

12:25 pm Steeple Chase W, M.

1:00 pm 1500 W, M.

1:25 pm 100 Hurdles

1:30 pm Triple Jump – Men followed by Women

1:50 pm 110 Hurdles.

2:15 pm 400 W, M.

2:40 pm 100 W, M.

3:10 pm 800 W, M.

3:35 pm 200 W, M.

4:00 pm 5000 Men

4:30 pm 4 x 400 W, M.

Time Schedule is tentative based on number of entrants.

Entry Fee - \$15.00 per event/athlete with \$150.00 team maximum (men and women are separate teams) – Limit 4 entries/event

Make checks payable to: Richard Stockton Athletics

All participating teams and individuals must register at:

www.directathletics.co