

# NISWONGER FOUNDATION INVITATIONAL

January 26 – 27, 2007

**\*\*\*Revised on Jan. 22\*\*\***

<b>DAY 1</b>		
<b>Friday, January 26 – Starts at 11:00 a.m.</b>		
<b>Starts at</b>	<b>Event</b>	<b>Round</b>
11:00 a.m. W	60 Meter Hurdle (Top 12 Collegiate Advance)	Prelims
11:00 a.m. W	Weight Throw (Top 36)	Finals
12:00 p.m. W	Triple Jump (Top 36)	Finals
12:20 p.m. M	60 Meter Hurdles (Top 12 Collegiate Advance)	Prelims
1:40 p.m. W	400 Meter Dash	Prelims
2:30 p.m. M	400 Meter Dash	Prelims
3:00 p.m. M	Weight Throw (Top 36)	Finals
3:20 p.m. W	60 Meter Dash (Top 12 Collegiate Advance)	Prelims
4:10 p.m. M	60 Meter Dash (Top 12 Collegiate Advance)	Prelims
5:00 p.m. W	Women Pole Vault	Finals
5:00 p.m. M	Men Triple Jump (Top 36)	Finals
5:00 p.m. W	800 Meter Run (Top 24)	Timed F
5:10p.m. M	800 Meter Run (Top 24)	Timed F
5:20 p.m. W	200 Meter/Dash	Prelims
<b>**6:00 p.m. W</b>	<b>High Jump (revised change)</b>	<b>Finals</b>
6:00 p.m. W	Shot Put (Top 36)	Finals
6:50 p.m. M	200 Meter/Dash	Prelims
8:20 p.m. W	4 X 400 M Relay	Prelims
8:50 p.m. M	4 X 400 M Relay	Prelims
<b>DAY 2</b>		
<b>Saturday, January 27 – Starts at 8:00 a.m.</b>		
<b>(A.M. Session Rolling Schedule)</b>		
<b>Starts at</b>	<b>Event</b>	<b>Round</b>
8:00 a.m. W	5000 Meter Run	Finals
↓	M 5000 Meter Run	Finals
	W 3000 Meter Run unseeded	Finals
	M 3000 Meter Run unseeded	Finals
	W 1 Mile Run unseeded	Finals
	M 1 Mile Run unseeded	Finals
	W 800 Meter Run unseeded	Finals
	M 800 Meter Run unseeded	Finals
	W Long Jump unseeded * (Men to follow)	Finals
	M Long Jump unseeded * (4 jumps)	Finals

**DAY 2 con't**  
**Saturday, January 27 – Starts at 1:00 p.m.**

<b>Starts at</b>	<b>Event</b>	<b>Round</b>
1:00 p.m.	Elementary School Shuttle Relays	Finals
1:00 p.m. M	Long Jump (Top 36)	Finals
<b>**2:00 p.m. M</b>	<b>High Jump (revised change)</b>	<b>Finals</b>
2:00 p.m. M	Pole Vault	Finals
2:00 p.m. M	Shot Put	Finals
4:00 p.m. W	Distance Medley (Top 12 Teams)	Finals
4:15 p.m. M	Distance Medley (Top 12 Teams)	Finals
4:30 p.m. W	400 Meter Dash	Finals
4:30 p.m. W	Long Jump (Top 36)	Finals
4:35 p.m. M	400 Meter Dash	Finals
4:40 p.m. W	60 Meter Dash (Collegiate Timed Final)	Finals
4:45 p.m. W	60 Meter Dash Invitational	Finals
4:50 p.m. M	60 Meter Dash (Collegiate Timed Final)	Finals
4:55 p.m. M	60 Meter Dash Invitational	Finals
5:00 p.m. W	60 Meter Hurdles (Collegiate Timed Final)	Finals
5:10 p.m. W	60 Meter Hurdles Invitational	Finals
5:20 p.m. M	60 Meter Hurdles (Collegiate Timed Final)	Finals
5:25 p.m. M	60 Meter Hurdles Invitational	Finals
5:30 p.m. W	200 Meter Dash	Finals
5:35 p.m. M	200 Meter Dash	Finals
5:40 p.m. W	3000 Meter Invitational	Finals
5:55 p.m. M	3000 Meter Invitational	Finals
6:05 p.m. W	1 Mile Run Invitational	Finals
6:15 p.m. M	1 Mile Run Invitational	Finals
6:20 p.m. W	4 x 400 Meter Relay	Finals
6:30 p.m. M	4 x 400 Meter Relay	Finals