



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**

