

**2010 Mid-Central College Conference Championships**  
*Goshen College*  
*April 30 – May 1*

**Order of Field Events**

***Friday, April 30***

3:00 p.m.	Discus	Men	Prelim & Finals
	Hammer	Women	Prelim & Finals
	Pole Vault*	Women	Prelims & Final
3:30 p. m.	High Jump	Women	Prelim & Finals
	Long Jump	Men	Prelim & Finals
5:15 p.m.	Discus	Women	Prelim & Finals
	Hammer	Men	Prelim & Finals
	Pole Vault*	Men	Prelim & Finals
5:30 p.m.	Long Jump	Women	Prelim & Finals

\*(On Saturday if it rains on Friday)

**Order of Track Events**

***Friday, April 30***

2:30 p.m.	5k Race Walk	Women & Men	Exhibition
3:30 p.m.	100 M Hurdles	Women	Prelim
	110 M Hurdles	Men	Prelim
	4 x 800 Meter Relay	Women	Final
	100 Meters	Women	Prelim
	100 Meters	Men	Prelim
	4 x 800 Meter Relay	Men	Final
	200 Meters	Women	Prelim
	200 Meters	Men	Prelim
	10,000 Meters	Women	Final
	10,000 Meters	Men	Final

**2010 Mid Central College Conference Championships**  
***Goshen College***  
***April 30 – May 1***

**Order of Field Events**

***Saturday, May 1***

2:00 p.m.	Shot Put	Men	Prelim & Finals
	Triple Jump	Women	Prelim & Finals
	Javelin	Women	Prelim & Finals
2:30 pm	High Jump	Men	Prelim & Finals
	Pole Vault*	Men	Prelim & Finals
4:00 pm	Triple Jump	Men	Prelim & Finals
	Shot Put	Women	Prelim & Finals
4:15 pm	Javelin	Men	Prelim & Finals
	Pole Vault*	Women	Prelim & Finals* (if needed)

**Order of Track Events**

2:00 p.m.      Opening Ceremony

***Saturday, May 1***

2:30 p.m.	Steeplechase	Women	Final
2:50 p.m.	Steeplechase	Men	Final
3:05 p.m.	4 x 100 M Relay	Women	Final
3:15 p.m.	4 x 100 M Relay	Men	Final
3:25 p.m.	1,500 M Run	Women	Final
3:35 p.m.	1,500 M Run	Men	Final
3:45 p.m.	100 M Hurdles	Women	Final
3:55 p.m.	110 M Hurdles	Men	Final
4:05 p.m.	400 Meters	Women	Final
4:15 p.m.	400 Meters	Men	Final
4:25 p.m.	100 Meters	Women	Final
4:35 p.m.	100 Meters	Men	Final
4:40 p.m.	800 Meters	Women	Final
4:50 p.m.	800 Meters	Men	Final
5:05 p.m.	400 M Hurdles	Women	Final
5:15 p.m.	400 M Hurdles	Men	Final
5:25 p.m.	200 Meters	Women	Final
5:35 p.m.	200 Meters	Men	Final
5:40 p.m.	5,000 Meters	Women	Final
6:05 p.m.	5,000 Meters	Men	Final
6:25 p.m.	4 x 400 M Relay	Women	Final
6:35 p.m.	4 x 400 M Relay	Men	Final
7:00 p.m.	<i>Awards Ceremony</i>		

Where the order of events deviates from the rule book, it has been set by the Games Committee