



**AMC Track/Field Championship
(Hosted by: Houghton College)
April 20-21, 2007**

Friday, April 20

12:00am- Coaches pre-race meeting- lunch

12:00-1:30pm- implement weigh-in at hurdle shed

Track Events Schedule

4:00pm Men 4x100 Relay- prelims

4:05pm Women 4x100 Relay-prelims

4:10pm Men 10k*

4:50pm Men 110hh-prelims

5:00pm Women 100hh-prelims

5:15pm Men 100m- prelims

5:25pm Women 100m-prelims

5:35pm Women 10k

6:25pm Men 200m-prelims

6:35pm Women 200m-prelims

6:45pm Men 4x800m Relay

7:00pm Women 4x800m Relay

Field Events Schedule

3:00pm Men Hammer
Women Shot Put
Women Pole-Vault
Men Long Jump

5:20pm Men Shot Put (follows Men's Hammer)
Women Discus (follows Women's Shot Put)
Women Long Jump (follows Men's Long Jump)
Men High Jump (follows Women's PV)

Saturday, April 21

8:00-9:30am Implement weigh-in at hurdle shed

Track Events Schedule

10:00am	Men	5k Race Walk	Finals
10:30am	Women	3k Race Walk	Finals
10:55am	Men	3k Steeple Chase	Finals
11:30am	Women	3k Steeple Chase	Finals
11:45am	Men	4x100 Relay	Finals
11:50am	Women	4x100 Relay	Finals

11:55am	Men	1500m	Finals
12:05pm	Women	1500m	Finals
12:25pm	Men	110hh	Finals
12:30pm	Women	100hh	Finals
12:40pm	Men	400m	Finals
12:50pm	Women	400m	Finals
1:00pm	Men	100m	Finals
1:05pm	Women	100m	Finals
1:10pm	Men	800m	Finals
1:20pm	Women	800m	Finals
1:35pm	Men	400h	Finals
1:45pm	Women	400h	Finals
1:55pm	Men	200m	Finals
2:00pm	Women	200m	Finals
2:05pm	Men	5k	Finals
2:30pm	Women	5k	Finals
2:55pm	Men	4x400 Relay	Finals
3:05pm	Women	4x400 Relay	Finals

Field Events Schedule

10:00am	Men	Triple Jump
	Women	High Jump
	Men	Javelin
	Women	Hammer
12:20pm	Women	Triple Jump (follows Men's TJ)
	Men	Pole Vault (follows Women's HJ)
	Men	Discus (follows Women's Hammer)

Women Javelin (follows Men's Javelin)

-Coaches Meeting 10 minutes following completion of last event

- AMC Award presentations following Coaches Meeting

***If warranted: Meet schedule will adjust for 2 heats**