



Quad

**Bethany College, Geneva College, Washington & Jefferson College,
Waynesburg University**

2009

Wednesday, April 15

2:30 Men's Pole Vault (Women to follow)
Women's Long Jump (Men to follow)
Men's Triple Jump (Women to follow)

3:00 Women's Shot Put (Men to follow)
Men's Javelin (Women to follow)

Women's Discus will start immediately at the conclusion of the Shot Put
with the Men to follow

3:15 Men's High Jump (Women to follow)

Women will start all track events

3:30 3,000 Meters (men and women run separately)
4:00 400-Meter Relay
4:15 1500 Meters
4:30 100/110-Meter Hurdles
4:45 400 Meters
5:00 100 Meters
5:15 800 Meters
5:30 400-Meter Hurdles
5:45 200 Meters
6:00 5,000 Meters (men and women run together)
6:30 1600-Meter Relay

Scoring:

Individual Events – 9, 7, 6, 5, 4, 3, 2, 1

Relay Events – 9, 7, 6, 5