

**2007 CSB/Concordia/St. Kate' s Triangular**  
**February 10, 2007**

**Time Schedule:**

- **Note: we will keep it a rolling schedule if we CAN.**
- **We will be following the men's meet. Our start time may have to be slightly adjusted.**
- **We will adjust the schedule according to our entries.**

**Field events:**

**1:00 Shot Put**  
**1:00 Pole Vault**  
**1:00 Long Jump**  
**1:30 High Jump**  
**Following SP 20# wt**  
**Following LJ Triple Jump**

**Track events:**

**1:00 Distance Medley Relay**  
**1:20 5000 meter**  
**1:45 55 hurdles**  
**1:50 55 meter**  
**2:00 Mile**  
**2:10 400 meter**  
**2:15 600 meter**  
**2:25 800 meter**  
**2:30 1000 meter**  
**2:35 200 meter**  
**2:45 3000 meter**  
**3:00 1600 meter relay**